



2023-24

PONTIAC
COUNTY 4-H

YEARBOOK



Faisley
Ashcraft





ENROLL NOW



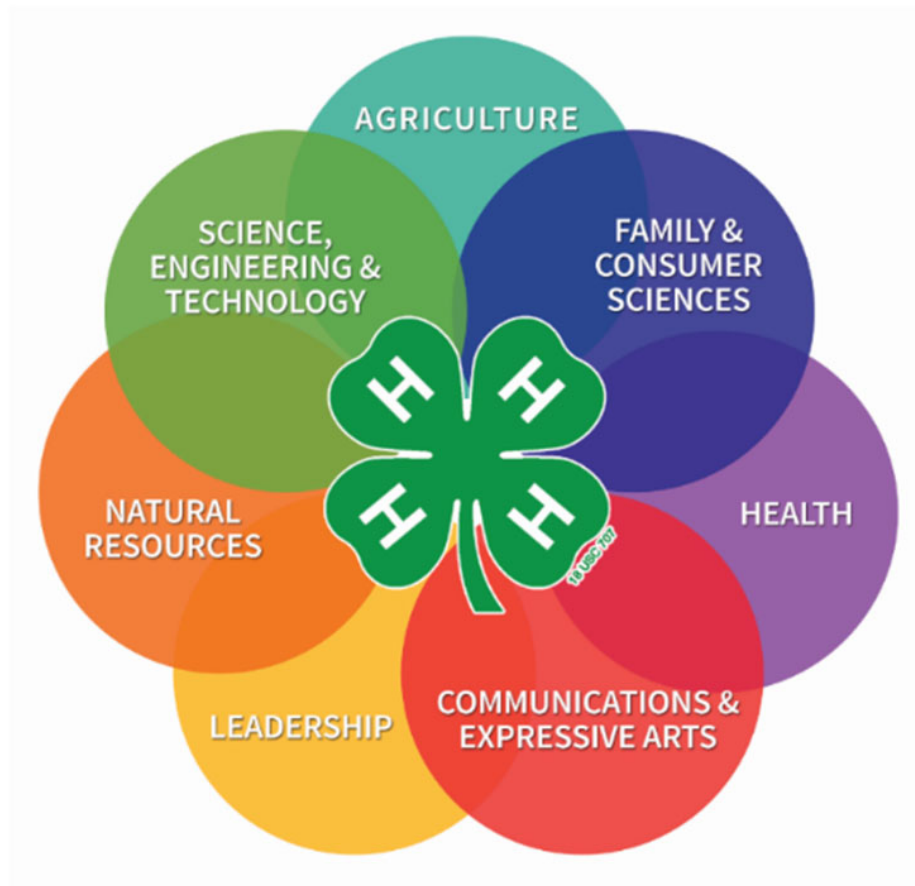
2023-24 Pontotoc County 4-H Enrollment

Enrollment Opens August 1, 2023

Minimum Age is 8 Years Old & 3rd Grade By August 1, 2023

The 4-H Year is August 1, 2023 - July 31, 2024

Web Address: <https://4h.zsuite.org>





Web Site: <https://extension.okstate.edu/county/pontotoc/4-h/index.html>

**Find Pontotoc County 4-H On Facebook To Stay Current
With 4-H Activities & Events**

What Is 4-H?

4-H is the youth development phase of the Oklahoma Cooperative Extension Service.

4-H is “learning by doing.” Volunteers, teen leaders, extension educators and interested adults assist youth in acquiring knowledge, developing life skills and forming attitudes that will enable them to become self-directed, productive and contributing members of society.

4-H is “involvement.” Youth, families, peers and community actively participates in the learning process.

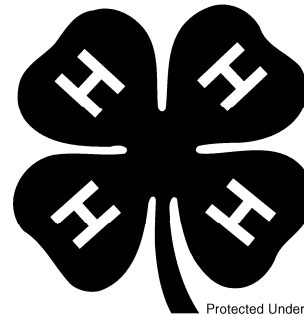
4-H creates a sense of belonging, of being involved, wanted and helped. 4-H allows one to share thoughts and skills with others.

4-H Motto

“To Make the Best Better”

4-H Club Colors

The white symbolizes the purity and high ideals.
Green is nature’s most common color and
is symbolic of youth, life and growth.



Protected Under
18 U.S.C. 707

Name

Club

Meeting Day & Time

Pontotoc County Extension Service
1700 N. Broadway, Ada, OK 74820-1406
Phone: (580) 332-2153
FAX: (580) 332-9234

County Extension Educators/Staff
Janna Kelley, Extension Educator, Family & Consumer Sciences/4-H, County Director
Becky Walker, Extension Educator, 4-H Youth Development
Erin Hubbard, Extension Educator, Agriculture/4-H
Kim Teachey, Administrative Support Specialist

Oklahoma Extension Service
Oklahoma State Ferguson College Of Agriculture - Stillwater

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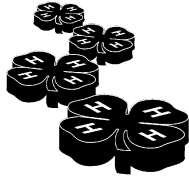
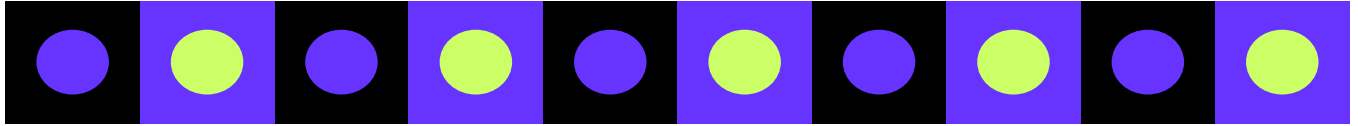
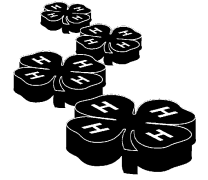
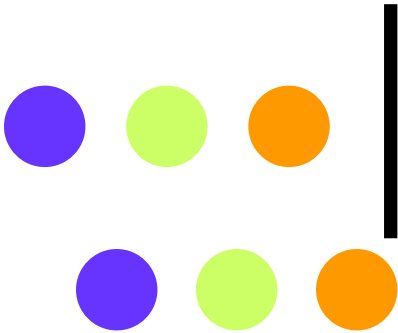


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Welcome to the 4-H Family!

To help acquaint your family with 4-H, please take time to review the following highlights.

What is 4-H?

4-H is a program for youth and their families from all segments of society. It provides educational programs for diverse audiences of youth and adults based on practical skills of learning to learn, decision making, public speaking, goal setting, job skills and more.

4-H is the youth development phase of the Oklahoma Cooperative Extension Service, supported cooperatively by Oklahoma State University, USDA and local County Government.



How is 4-H Organized?

Locally- Most clubs have monthly meetings conducted by the local youth officers. Some clubs also have special project and activity meetings where members work in smaller groups to develop specific project skills.

Each club has a designated Organizational Leader. Organizational leaders are the primary contact between the local club and County Extension Office. Organizational leaders depend on the assistance of parents as volunteers in a variety of roles at the local and county level.

County - The 4-H program is managed through the

County Extension Office located at the Agriplex in Ada. Primary leadership is provided by the 4-H Youth Educator.

The office is responsible for setting an educational tone and direction for 4-H and youth programs, providing instructional materials and resources, training parents and volunteers and keeping families and local leadership informed through newsletters and general correspondence.

4-H parents/volunteers are essential to the county program. All county 4-H activities and events are planned, implemented, and evaluated by a committee of 4-H parents/volunteers.

4-H parents/volunteers are encouraged to participate on the Volunteer Leadership Team, which meets quarterly.



What is my role as a parent/guardian?

4-H is a family affair! Members require the involvement and support of the entire family.

Your role will include supporting and helping members, *without doing it for them*; giving praise and encouragement; helping a member select appropriate projects and activities; staying informed about 4-H programs; asking questions; supporting your member in meeting deadlines and following through with responsibilities and commitments; attending

meetings and functions with members; and helping members focus on what's really important, not just winning!

Be a part of the 4-H team! The team is made up of volunteers, like yourself, helping to provide snacks, transportation, and a meeting place; serving as a project or activity volunteer; being a resource in your area of expertise; asking what you can do at the local and county level; and helping when called upon. 4-H members get more from their 4-H experience when the whole family gets involved.



Who and what is the role of the 4-H Youth Development Educator?

This individual is an Oklahoma Cooperative Extension Service professional. This professional has two primary roles: educator and educational manager.

As an educator the extension professional is responsible for providing guidance and opportunities in educating volunteers, parents, teachers and other youth servicing volunteers and professionals.

The educational manager's role is to serve as a mentor, counselor, liaison and resource to local and county 4-H clubs, county 4-H committees, 4-H adult and youth councils, the county 4-H

4-H: A Family Affair

Foundation, schools, community committees and other youth servicing agencies.



What can 4-H teach my child?

4-H teaches members to set and accomplish goals for themselves through project work.

A member's project manual will assist them in learning to set goals, keep records, and evaluate what they did or did not accomplish.

4-H encourages members to record their goals and how they completed the goals. This is called record keeping.

There are several ways for members to keep up with what they do in 4-H. They can:

1. Use a county record book or medal form to record what is done in the project.
2. Keep a diary (write in it each day).
3. Write on a calendar (write down each day what was done).

A key to successful record keeping is to wait no longer than one week to record project work. The important details and/or simple things are forgotten quickly. The things that need to be written down include:

1. What you did (number of times, number of items made, number of animals, number of acres planted and harvested, hours spent working in project or project work done, etc.).

2. What you learned (what new knowledge and skills were learned, what funny or sad things happened, etc.).
3. Learning experiences participated in (demonstrations, speeches, tours, exhibits, judging, workshops attended, lessons at local club meetings, day camps, etc.).
4. Leadership experiences you participated in (volunteer leadership: teaching or assisting with teaching, committee work, officer, etc.).
5. Citizenship activities participated in (helping others, providing a service, etc.).
6. Awards and recognition received.

The result of keeping good records is that a member has learned to set goals and see how goals were accomplished.



The 4-H Philosophy

"It is better to build a boy than to mend a man."

To "learn by doing" is fundamental in any sound educational program and characteristics of the 4-H program.

Some other commonly accepted beliefs are:

- ◆ 4-H youth are more important than the 4-H project.
- ◆ Learning how to do the project is more important than the project itself.

- ◆ A blue ribbon 4-Her with a red ribbon project is more desirable than a red ribbon 4-Her with a blue ribbon project.
- ◆ Every 4-H member needs to be noticed, to feel important, to win, and to be praised.
- ◆ Our job is to teach 4-H members how to think, not what to think.



What is a 4-H Project?

At the beginning of each year a member will complete enrollment. They will choose 4-H projects that they are interested in learning about.

Some projects have a project manual which will guide the family in learning fundamentals and opening doors to other opportunities. Each manual is developed with age appropriate materials and projects. The activities and projects outlined in the manual can then be entered in the county fair and other activities throughout the year. Some projects are self-directed, meaning you can use creative ways to learn about a particular subject.

The county fair is considered the end of the 4-H year. It is the time to show the project work completed between July of the previous year until September of the current year.

4-H project work can be accomplished very easily by developing a simple plan to accomplish one project/activity each month during the year.

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How to know what's going on.

Read your yearbook! Use the calendar in the back of the yearbook! **All county activities and events are planned one year in advance.** Write them on your family calendar. Please note and comply with deadlines. Email and Facebook are used to supplement the yearbook and keep you updated as to times and locations.

Check out the county **website**. It has the most current information.



How will my family get the most from this experience?

- ◆ Attend local club meetings. Ask questions of the local club leader and call the Extension Office (332-2153).
- ◆ Read the yearbook. Keep it in a handy location at home.
- ◆ Set goals and work at completing the goals in a timely manner.
- ◆ Keep records of your project work. Do a talk or demonstration at the local club.
- ◆ Participate in local club citizenship projects.
- ◆ Participate in county activities and events.

Attend club meetings!

Local club leaders will make announcements regarding updated information, remind

you of upcoming deadlines, and provide registration forms so you won't have to make a last minute dash to the Extension Office.

Each family is responsible for meeting deadlines and turning in forms.

Most registration is done online so make sure to look for the links in emails, social media or the yearbook.



What Things Will My Local Club Do?

Each 4-H Club is encouraged to select a project or issue to focus on during the year. Suggested projects are:

Natural Resources and Environmental Education

water conservation (use of water in homes), soil conservation, and environment (keeping the air we breathe and our surroundings clean). Conserving natural resources today and for the future.

Youth Issues Education, Depression, Child Abuse, Health, Teenage Pregnancy, Substance Abuse, Career Selection, and Suicide.

Health and Wellness

Maintaining and improving physical, intellectual, emotional and social health. Learn about community health resources and environmental issues.

Safety - Learn how to reduce accidents and injuries,

recognize and correct hazards, and think and practice safety. Encourage families, clubs and communities to become safety conscious.

Family Strengths - Preparing responsible youth by promoting family communication, leadership development and positive self-esteem. This will enhance the youth's parenting skills.

Science and

Technology - Focusing on the "why" of all 4-H projects (the way it is put together -the way it functions, etc.).

4-H Clubs who have a project to focus upon have more involvement of members and parents, and in turn achieve and learn more.



4-H Ribbons: What do they mean?

Ribbons are given to 4-H members as a way to evaluate how much a member has learned in completing and exhibiting a project. There are two systems being used to present ribbons in Pontotoc County.

Blue, Red and White

Award ribbons -This system does not mean first, second and third place. More than one individual can receive a blue, red, or white award in a category.

4-H: A Family Affair

Blue Award - This ribbon is given to a member who exhibits a project which shows that the member has taken pride in learning how to construct or complete the project. The member has mastered a skill appropriate for their age or increased their knowledge relating to the project. The project has accurate information, is correctly completed, neat, clean, pleasing to the eye and presents a positive image of the member. A blue award means you as a member have gone an extra step to show pride and quality in your exhibit.

Red Award - A red ribbon is given to members whose project does not exhibit that polished sense of pride seen in a blue exhibit. Red means satisfactory. The exhibit shows the member has learned a skill but not mastered the skill. Information may not be complete or accurate.

White Award - A white ribbon is awarded when the judge feels the member does not show they have gained a good knowledge of a skill or the project being exhibited. The project is incomplete and could use improvement.

Ribbon placings - These are the first, second and third place ribbons which also have blue, red and white colors respectively. This form of recognition means that exhibits are ranked. All of the exhibits might be *Blue Award quality*, but one exhibit is selected as the best in the class. A judge does not have to give a first place ribbon if they believe the quality is lacking in all exhibits.



What is the 4-H Philosophy about Recognition?

Creating an environment that nurtures growth and development includes the careful, creative and balanced use of recognition. Recognition is the acknowledgment and affirmation of an individual or group and any personal growth they have experienced.

In 4-H, recognition is the encouragement and support for learning that is part of participation in the wide array of educational experiences the program provides.

Recognition in 4-H may be public or private. It can be within the individual or provided by others. Whatever its form, recognition in 4-H is a strategy for helping young people become more capable and more competent.

Through the acknowledgment, affirmation and positive reinforcement of each person's effort, feelings of competence and capability increase and participation continues.

The purpose of recognition is to encourage and support the efforts of young people in learning to improve their knowledge and develop their life skills.

Using a comprehensive recognition process can create a broad array of experiential learning environments. These learning environments must respect individual differences as related to the form of

recognition that is most effective in encouraging and supporting development.



4-H Recognition Model

The recognition model is part of a comprehensive plan that rewards positive learning behaviors in youth. In all aspects of the model, recognition should be based on the young person's involvement, participation, and/or efforts and should be designed to meet the needs, interests, and aspirations of young people with different backgrounds and experiences.

Recognition should be focused on individual learning and not influenced by factors such as monetary resources to purchase high-quality project materials, top grade animals, and use of equipment.

The recognition model can be used to design a recognition system to meet the needs of all youth.

The five parts of the 4-H Recognition Model include recognition for:

- ◆ **Participation** - The first step toward building a positive self concept in the participant is acknowledging his/her involvement.
- ◆ **Progress toward personal goals** - This enables youth to gain experience in goal setting and realistic self-assessment.
- ◆ **Standards of excellence** - These give young people an external predetermined set of criteria

4-H: A Family Affair

for their learning experiences against which they can assess their progress and gain insights into their own interests, efforts, and abilities.

- ◆ *Peer competition* - Peer competition subjectively identifies, in a concrete time and place, the best team or individual. It is not developmentally appropriate for younger children.
- ◆ *Cooperation* - Helps younger people learn and work cooperatively, preparing them for living in today's interdependent, global society.

Underlying principles of developmentally appropriate recognition.

- ◆ Recognition is a basic human need, along with security, new experiences and responses.
- ◆ Recognition should be part of all 4-H learning experiences.
- ◆ Appropriate recognition takes place.
- ◆ Respect for individual differences is essential.
- ◆ Recognition must be structured to build positive self-esteem.
- ◆ Opportunities for self-assessment and reflection allow youth to learn.
- ◆ A range of opportunities and challenges provide choices to meet individual needs.
- ◆ Adult support is essential in youth learning and recognition.
- ◆ Everyone should be recognized at some level.
- ◆ A balance between all elements of the recognition model is essential.

Assumptions about recognition in 4-H

- ◆ Recognition can be a motivator for some young people to excel and take pro-social risk.
- ◆ Recognition can foster self-appraisal skills, providing a strong foundation for each young person to engage in self-reflection and self-praise without the need for external rewards.
- ◆ The recognition can encourage and support the efforts of young people as they engage in all forms of learning.
- ◆ Recognition, used in all its forms, can provide balance to the recognition young people receive as they move through educational programs to more increasingly difficult challenges.

Some key principles of recognizing youth for:

Participation

- ◆ Through participation young people can more clearly define self concept and strengthen self-image.
- ◆ Support and encouragement of young people in significant roles fosters ongoing participation.

Progress toward personal goals

- ◆ This form of recognition is appropriate for youth of all ages and fits many different interests.
- ◆ Goals should be realistic and reachable in a set time period.
- ◆ Goals are set by the youth with interaction with experienced persons.

Peer competition

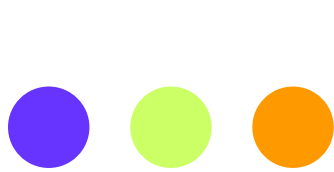
- ◆ Competition involves a high risk activity with possible stress, conflict, disagreement, and hurt feelings.
- ◆ Participation in competition should be optional.

Standards of excellence

- ◆ Everyone can utilize standards in their life.
- ◆ When using standards developed by an expert, it is critical that those standards are available to all people involved.

Cooperation

- ◆ Life skills develop when young people learn and work cooperatively.
- ◆ Through joint problem solving, young people can strengthen their own self-concepts as well as understand and appreciate individual differences.



County Activities and Events

- ◆ Guidelines for county activities and events are included in this section of the yearbook. Use these pages to set your goals for the 4-H year. Read the guidelines and develop your project or projects. Quality work takes time, preparation and practice.
- ◆ Members, parents and leaders will be notified of changes, corrections and updates of county activities and events through the county website, Facebook page and email.
- ◆ Updates, special programs and activities, as well as livestock updates will also be published through the county website, Facebook page and email.
- ◆ Entry information for all county events and activities is available in the Yearbook, county website <http://oces.okstate.edu/pontotoc/4-h/activities-events> and Facebook.
- ◆ **All deadlines are final. Entries or exhibits that are not received in the Extension Office by the specified deadline in the yearbook will not be considered for awards.**
- ◆ **Incomplete entries will not be considered "meeting the deadline" and will not be considered for awards.**
- ◆ **Learning responsibility in meeting deadlines is an important life skill 4-H teaches.**
- ◆ Each event listed will include guidelines/restrictions. Grades listed are the member's grade on August 1 of the current year.
- ◆ Good 4-H work can be done anytime, but GREAT 4-H work requires you to make yearly goals and plans. Plan the work and work the plan! The yearbook can help you do that.



Local Club Leadership Team/Officer Training

Registration Due: October 12, 2023 <https://forms.office.com/r/2SupzWyTi9>
 October 16, 2023 Registration 5:15p



Purpose & Objectives:

- Local 4-H Clubs are only as strong as their leadership. This includes adults and youth.
- 4-H members who are ready to serve as a committee chair or officer must possess and demonstrate characteristics and skills that show they are qualified to be successful in serving the organization.
- Among these characteristics and qualifications: Being a good citizen and student. Members of youth groups have many opportunities to appear before the public. Because an organization or group is judged by the actions of its members, the young person should be sure to conduct themselves properly at all times.
- A "good" member of an organization wears any official uniform correctly and proudly, respects the rights of others at all times, uses proper manners for both private and public occasions and is a good listener. Attention to all these points will communicate a positive reflection on both the individual and the organization.

- The young person must have good judgment; they must be able to think and make sound decisions.
- Initiative and willingness to work. Youth leaders must be self-starters and able to "spark" others in the organization. Being a leader requires considerable work; it has specific responsibilities, demands time and effort. The organization should be high on the personal activities list.
- Ability to work with others. Youth leaders must work with the entire membership. They must be able to earn the respect of, and to get along with other members. Leaders should be able to identify ability and qualities in others and to delegate responsibility to individual members.
- Basics Of Conducting Local Club 4-H Meetings
- Basic Parliamentary Procedure
- Duties & Responsibilities Of Each Office

Resources: <https://bit.ly/3ICzKfq>
 4-H Leadership Guide
 President's Planning Guide
 Secretary's Book
 Reporters E-Scrapbook





Dutch Oven Showdown

Entries Due: October 19, 2023 <https://forms.office.com/r/k3bx3AKTUn>
Contest: October 23, 2023, Registration 3:45p; Contest Start 4:00p
All teams must provide their own equipment, recipes and food items.
Each team will be provided one 6ft table.



Purpose

- ◆ Learn and practice safe food handling procedures and the art of Dutch oven cooking.

Grade Division

- ◆ Teams of 2 or 3 members 3rd-12th grade.
- ◆ **Novice Teams** will prepare only a main dish. This category is for those 4-H members with little Dutch oven cooking experience. However, teams should practice and have basic knowledge before participating.
- ◆ **Experienced Teams** will prepare a main dish, side dish and the option of a dessert.

Guidelines

1. Volunteer cannot assist youth with cooking. They are only allowed to help with lighting charcoal and insuring safety.
2. Dishwashing facilities, including washing, rinsing, and sanitizing basins, are required of all teams. Tasting utensils must be washed immediately after use. All washing of dishes must be done in your own area.
3. Food service gloves must be worn when handling food that will not be cooked further. Hot foods must be kept above 140 degrees F. Field judges will also be watching for this.
4. Use different cutting boards for meat and vegetables and clearly label them.
5. Battery operated or electrical devices, such as mixers or blenders, are not allowed in the preparation of food. Digital thermometers are allowed to make sure food reaches the recommended safe temperature.
6. Coolers are required for all refrigerated items and cold food must be kept below 41 degrees F. Field judges will be checking cooler temperatures before and during the competition.
7. All ingredients must be combined, chopped, sliced, diced and cooked on site including garnishes and marinades. For safety reasons, no ingredients prepared or processed at home are allowed. All meat must be USDA inspected. **HOWEVER**, if the food can be purchased already sliced, diced, cooked, etc. you may use it. Examples: chopped onion, grated cheese, canned chicken, etc.
8. Teams will have 3 hours from start to finish (lighting fire to completing clean up) to prepare their dish. The principle of "Leave No Trace" should be practiced. For basic information on this concept, please refer to <http://www.lnt.org/programs/principles.php>

10. Teams will serve and present their dish to the judges and present a short presentation about their dish. They should include details about their recipe and how they prepared it, why they chose their recipe for the theme, and nutrition information about their dish. Judges may ask them questions following their presentation and will also be evaluating the teams throughout the competition.
11. Teams will be judged on the following criteria: Etiquette and team dress, cleanliness, food temperature control, presentation, team presentation/speaking skills and overall preparedness.

Dutch Oven Equipment List (Teams must provide their own equipment, recipes and food items.)

- Aprons, Head Coverings
- 1 Camp Oven Novice, 2-3 Camp Ovens Experienced
- 12"X12" Plywood to set hot ovens on
- Lid Lifter
- Metal Tongs
- Coal containment (Metal Pan, Plow Disc, Fire Blanket etc.)
- Heavy heat resistant glove (Welding glove works well)
- Lid Stand
- Lighter
- Charcoal
- Charcoal Lighter Fluid
- Charcoal Chimney
- Wisk Broom
- Heavy Duty Utensils Wooden/Plastic (Metal can be used but can damage ovens)
- Aluminum Foil
- Can Opener
- Knives
- Peeler
- 2 Cutting Boards
- Measuring Cups – Liquid
- Measuring Cups – Dry
- Measuring Spoons
- Mixing Bowls
- Food Thermometer
- Food Service Gloves
- Soap
- Wash basin (plastic tub or large bowl)
- Rinse Basin (plastic tub or large bowl)
- Sanitizing Basin (plastic tub or large bowl)
- Dish towels
- Trash bags



Fall Public Speaking, Poster, Photography & Technology Contest

All Entries Due: November 2, 2023 <https://forms.office.com/r/UiZ9Zg5KMP>

Public Speaking Contest: November 13, 2023; Reg. 5:15p



Purpose

- ◆ Develop communications skills.
- ◆ Learn to gather and organize facts.
- ◆ Learn to use technology.

Public Speaking (Limit: Two per member.)

Guidelines

Time Limits:

- ◆ Regular Speech — Jr. (2-5 min.), Intermediate (5-7 min.), Senior (5-7 min.)
- ◆ Illustrated Presentation — Jr. (3-10 min.), Intermediates (5-12 min.), Sr. (5-12 minutes)
- ◆ Powerpoint — Jr. (3-5 min.), Intermediate (5-7 min.), Sr. (5-7 min.)
- ◆ Famous Person — Jr. (2-5 min.); Intermediate: (5-7 min.); Sr. (5-7 min)

Public Speaking Types

1. Speech (Individuals only, no props or visuals)
2. Illustrated (Individual or Team)
3. Powerpoint (Individuals Only)
4. Famous Person (Individual or Team)

Public Speaking Categories

1-Animal Science; 2-Small Animal/Pets 3-General Ag; 4-Plant/Natural Sciences; 5-Science & Technology; 6-Communication & Visual Arts; 7-Family & Consumer Sciences; 8-Social Sciences; 9-Health & Wellness; 10-Foods; 11-Powerpoint; 12-Famous Person

Famous Person

Purpose: The 4-H Famous Person contest is designed to provide a 4-H member with the opportunity of portraying a person or character from sports, pop culture or history, either from the past or present, through public speaking and props. **NO cartoon or fictional characters allowed.**

- Props are encouraged and part of the scoring.
- No live firearms or animals.
- It is expected that 4-H members ONLY portray famous people of good moral and character.

Awards

- ◆ Awards will be given to 1st-5th place.
- ◆ All judges decisions are final.

Posters (Limit: Two per member. Must be different classes.)

Guidelines

- ◆ All posters must be 14" X 22". No foam board. Poster board only.
- ◆ No 3 dimensional posters. If it can't be laminated, then it is 3 dimensional.
- ◆ All posters should be labeled on the back with name, club, grade and dated.

- ◆ Laminating posters is recommended but not required. Required for glittered posters.
- ◆ No copyrighted material may be used.
- ◆ Posters evaluated on: message, originality, neatness and quality of work.

Poster Classes

The following poster classes reflect Fair classes. Following these guidelines will get you a Fall Contest and Fair exhibit. Some age restrictions apply. For more detail read the State Fairbook.

Promotion (Must Include 4-H Clover Or Mention 4-H)

1. Recruit 4-H members, volunteers, promote any 4-H event or 4-H project.
2. Promote the theme "Find Your Spark in 4-H. "

Child Care

3. Behavior and Guidance or Safety Risk & Procedures Grades 3-7

Food Science & Nutrition

4. Breads or Cheeses Of Another Country Grades 3-5
5. Foods From Another Culture Grades 6-12
6. Recipe Modification For Healthful Eating Grades 3-5
7. Nutritional Contributions Of Fruits And Vegetables Grades 6-8
8. Food Or Kitchen Safety Grades 3-5
9. Protein Food Safety Grades 6-8
10. Outdoor Cookery Or Grilling Grades 9-12
11. Place Setting For Specific Occasion Or Menu Grades 3-5
12. Careers In the Food Industry Grades 9-12

Rocketry

13. Parts Of A Model Rocket Grades 3-7; Grades 8-12
14. Function Of Model Rocket Engines Grades 3-7; Grades 8-12
15. Showing One Or More Points From Model Rocketry Safety Code Grades 3-7; Grades 8-12

Shooting Sports

16. Archery Safety Grades 3-7; Grades 8-12
17. All Other Discipline Safety Grades 3-7; Grades 8-12
18. Archery Grades 3-7; Grades 8-12
19. Air Pistol Grades 3-7; Grades 8-12
20. Air Rifle Grades 3-7; Grades 8-12
21. .22 Rifle Grades 3-7; Grades 8-12
22. Shotgun Grades 3-7; Grades 8-12
23. Hunting And Wildlife Grades 3-7; Grades 8-12

Horticulture

24. Choose A Fruit, Vegetable, Nut, Spice Or Beverage (Tea, Coffee, Chocolate) Crop. Depict One Of The Following Topics History or Production Or Use In Different Cultures Or Use In Different Processed Food Grades 3-5; Grades 6-8; Grades 9-12

Companion Animals

25. Choose one topic: Animal Health And/Or Nutrition; Good Husbandry And/Or Grooming; Training And/Or Showing; Service And/Or Citizenship Grades 3-7; Grades 8-12



Fall Public Speaking, Poster, Photography & Technology Contest

All Entries Due: November 2, 2023
Public Speaking Contest: November 13, 2023; Reg. 5:15p

Photography (Limit: Two per member. Must be different classes.)

Guidelines

PRINTS: Black and white or color prints may be exhibited. Prints must be no smaller than 4" x 6" and no larger than 5" x 7" (except when panoramic prints are used) for all classes except class 5 and 10 where prints may be up to 8"x10". Prints should be printed on photo quality paper, not copy paper.

BOARDS: Prints must be securely attached to the surface of a single **black or white** (not colored) poster board, foam core, or mat board. Photos will be disqualified if on regular printing paper or cardstock. No double matting, use of multiple layers or more than one color. The entire print must be seen and cannot be masked in any way. Boards must be 14" x 14" for all classes. No frames allowed.

TITLES, CAPTIONS AND OTHER REQUIRED INFORMATION: On the front of the board, there must be a title (i.e. My Trip to the Zoo, or My Favorite Photo) **and** each photo must have a caption giving the viewer more information about the photograph. The back of each board must include the exhibitor's name, county, number of years in the 4-H photography project.

Photography Classes Grades 3-7

1. Four (4) photos, one from each of the following categories: people, animals, plant life and scenery.
2. Four (4) photos of people doing different things, showing a variety of activities, camera angles and lighting choices.
3. Four (4) otherwise outstanding photos showing common mistakes in picture taking. The caption for each print must correctly identify what is wrong and provide an appropriate solution to prevent the mistake.
4. Series of four (4) photos telling a story or illustrating a single event.
5. Best individual photo made this year.

Grades 8-12

6. Four (4) photos, one from each of the following categories: people, animals, plant life and scenery.
7. Four (4) photos of people doing different things, showing a variety of activities, camera angles and lighting choices.
8. Four (4) otherwise outstanding photos showing common mistakes in picture taking. The caption for each print must correctly identify what is wrong and provide an appropriate solution to prevent the mistake.

9. Series of four (4) photos telling a story or illustrating a single event.
10. Best individual photo made this year.

Technology (Limit: Two per member. Must be different classes.)

Guidelines

- ◆ Every exhibit must be labeled on the back with the following information: Name, Club, County, Grade before September 1 and date poster or exhibit was made.
- ◆ Copy written material such as professional photos, books, publications or items on the internet should not be used as original.
- ◆ Exhibits displayed as posters must be constructed on poster board 14" x 22" (1/2 of a poster board). They may be horizontal or vertical. Copyrighted or trademarked cartoon characters or other designs must not be used due to copyright restrictions.
- ◆ For poster displays purposes, exhibitors are encouraged to laminate or cover all posters with clear plastic film. Text of posters should be readable from at least 10 ft. away.

Technology Classes

1. Flat Flyer one-sided, 8 1/2 x 11 or 8 1/2 x 14, computer generated, attached to an appropriately sized poster board to promote club or county 4-H educational program or activity. Grades 3-7; Grades 8-12
2. Brochure, Card or Invitation related to 4-H double, tri, or four-fold, 8 1/2 x 11 or 8 1/2 x 14 before folding, attach two flat copies (front and back) to an appropriately sized poster board no larger than 14 x 22, attach a large envelope to the backside with a folded copy of the exhibit. Grades 3-7; Grades 8-12
3. Powerpoint presentation should either promote 4-H or educate about a 4-H project. Should include official clover or mention 4-H. Presentation entry includes printout of at least 5 slides and script/presentation notes in a folder. Presentation should be mounted on a free standing display board no larger than 36"x36". Grades 3-7; Grades 8-12

Awards

- ◆ Awards will be given to 1st-5th place in each class per age category.
- ◆ All judges decisions are final.



Holiday Festival

Entries Due: November 30, 2023 by 5:30p

<https://forms.office.com/r/nN84fg4pqg>

Exhibit Tags <https://bit.ly/3vYR42E>

December 4, 2023 Exhibits Open For Viewing All Day
(Exhibits can be picked up at 5:30p on December 4)



Purpose

- ◆ Enjoy the holiday season with family and friends.
- ◆ Learn new skills through hobbies, expressive arts and foods.

Grade Divisions (grade as of August 1 current year)

- ◆ Junior 3rd-7th Grade
- ◆ Senior 8th-12th Grade

Guidelines

- ◆ Entries must have been made within the past year. They must permanently signed and dated in an inconspicuous location.
- ◆ Items made alike will be exhibited as one entry.
- ◆ All judges decisions are final.

Categories

Expressive Arts

1. Fine Art—pencil, charcoal, ink, watercolor, oil or acrylic
2. Wreath—Purchased and Decorated
3. Wreath—Handmade and Decorated
4. Wall Hanging (fabric, paper, wood)
5. Centerpiece (Larger piece than a table dec)
6. Table Decoration
7. Stocking - Handmade For Human
8. Stocking - Purchased & Decorated For Human
9. Stocking – Handmade For Pet
10. Stocking – Purchased & Decorated For Pet
11. Bead Craft
12. Candle - Wax or Gel
13. Puppet
14. Holiday Card Holder
15. Gift Wrapped Box
16. Paper Gift Bag
17. Gift Container (not box or bag)
18. Hand Drawn and Designed Greeting Card
19. Computer Generated Greeting Card
20. Door Decoration (not a wreath)
21. Tree, Handmade & Decorated (18" or under)
22. Tree, Purchased & Decorated (18" or under)
23. Ornaments (Glass, Ceramic) (1-3 items)
24. Ornaments (Dough, Metal) (1-3 items)
25. Ornaments (Beaded, Cloth) (1-3 items)
26. Ornaments (Paper, Plastic, Wood) 1-3 items)
27. Clothing Item, Decorated (vest, t-shirt, sweatshirt, apron, socks, etc.)
28. Fabric Item (quilt, tree skirt, tablecloth, pillow, placemat, napkins, doll, etc.)
29. Papercraft
30. Recycled Item
31. Pet Gift (handmade chew toy, homemade dog biscuits, etc.)
32. Miscellaneous

Foods (Use paper plates and plastic bags or plastic wrap to cover)

1. Drop Cookies (3 pieces)
2. Rolled Sugar-Type Cookies (3 pieces)
3. Decorated Cookies (3 pieces)
4. Decorated Cupcakes (3 pieces)
5. Candy (3 pieces)
6. Pie (1 slice)
7. Cake (1 slice) (iced or uniced)
8. Salted/Spiced Pecans (1 cup)
9. Edible Gift Basket (3-6 items) wrapped in clear gift wrap
10. Gingerbread House (Kit or Original)

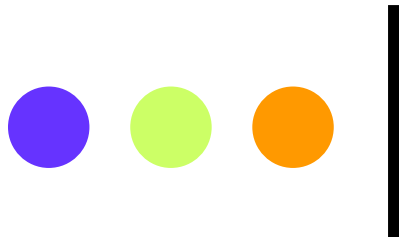
Awards:

- ◆ 1st-10th place ribbons will be awarded in each class.
- ◆ Grand Champion and Reserve Champion will be awarded in each grade division in the Expressive Arts Division and Foods.



Expressive Arts

Celebrate any season or holiday! Fall, Valentines, St. Patrick's, Fourth of July! The Holiday Festival is for all seasons!



Ambassadors

Applications Due: November 30, 2023
<https://form.jotform.com/211235908734052>
Interviews: December 4, 2023 @ 5:30pm



Purpose

- Prepare younger 4-H members for leadership roles during the teen years.

Grade Requirement (grade as of August 1 current year)

- 11-13 Years Old

Requirements:

- Attend Ambassador training.
- Participate in at least two county events.

General Information

- Must complete application and essay form and turn in by specified date.
- Must participate in the interview process.
- Dressed appropriately for interviews.
- Must re-apply to be an ambassador each year.

Teen Ambassador Advisor

Applications Due: November 30, 2023 <https://form.jotform.com/211235908734052>
Interviews: December 4, 2023 @ 5:30pm



Purpose

- Build and advance leadership skills through advising the Ambassador team.
- Develop communication skills.
- Assist the team with planning projects and encouraging participation during the year.
- Work closely with the county Extension Educator to conduct training and other tasks as assigned.

Grade Requirement: (grade as of August 1 current year)

- Must be in 9th-11th grade in the current 4-H year. Seniors are not eligible.
- Must have served as a county ambassador or currently serving as a state ambassador.
- Must have completed a Sr. 4-H Record Book.
- Must participate in at least one public speaking contest during the year.

Cupcake Wars

Registration Due: December 7, 2023 <https://forms.office.com/r/Verj4BrEiP>
December 11, 2023 @ 5:15p



Purpose

- Youth learn to make a tasty and creative treat, pleasing to the eye.
- Youth learn basic decorating techniques.

Grade Divisions (as of August 1 of the current year)

Junior Grades 3-7
Senior Grades 8-12

Guidelines

- Each individual will display 3 cupcakes.
- Bring "naked" cupcakes. The cupcakes should have no frosting and be in the paper wrappers only.
- Bring frosting mixed in bowls. The frosting should not be tinted prior to the contest. Participants will tint and place frosting in bags, if needed, at the contest. Frosting can be store bought or homemade.
- Participants are allowed to use purchased edible decoration items. Only edible items can be used on the cupcakes.

- Fondant can be homemade or store bought. It may be tinted ahead of time.
- Each participant will have 30 minutes to prepare 3 cupcakes for judging.
- No electricity will be available. One half of a 6 ft table will be provided for work space.
- Participants may decorate the work space to best tell the theme of the cupcakes.
- Must provide all equipment. No washing of equipment at contest site.
- Youth should use proper food safety. Clean up time of the work station is included in the 30 minutes.
- Each member will give a short presentation/answer questions with the judges.

Awards

- ◆ 1st-10th place ribbons will be awarded in each age division.





Pre-Recorded Video Showcase The Performing Arts

Video Entries Due: January 11, 2024

<https://form.jotform.com/212655545120045>



Purpose

- ◆ A time to showcase the performing arts with fellow 4-H members and families.
- ◆ Teaches cooperation, team building and good sportsmanship.
- ◆ Members develop self confidence and communications skills.
- ◆ Teaches members how to organize materials and present their ideas in a logical manner.

Grade Requirement (grade as of August 1 current year)

- ◆ Cloverbud
- ◆ Junior Grades 3-7
- ◆ Senior Grades 8-12

Categories

Dance - No speaking to form a skit or story line. The act requires choreography and can be demonstrated through twirling, pom pom squad routines, or dance styles such as jazz, tap, ballet country & western, ballroom, etc.. Acts may use taped music on CD or your own device.

Instrumental - Instrumental presentation may be musical instruments accompanied by background tape or an instrumental performance only. No accompanist will be allowed. Participants may not sing or incorporate a skit, poetry, prose, or choreography with their act.

Theater - This category involves a skit that showcases an aspect of 4-H or a youth issue and how to address it. The act may incorporate music, vocal selections and/or dance but these aspects cannot be more than 50% of the performance time. Theater presentations can be humorous, creative and make fun of but not degrade Extension employees or the 4-H program.

Vocal - Vocal presentation may be done a cappella or with an accompaniment music or your own device. No accompanist will be allowed for this category. All members in the act must be singing. No lip sync will be allowed. Contestants may not present skits, poetry or other speaking during the act. They may, however, move around the stage and incorporate choreography with their presentation for the purpose of enhancing their showmanship.

Guidelines

- ◆ Each club may have 4 Junior Acts and 4 Senior Acts. These four acts may be a combination of the above categories.
- ◆ Members may also compete with other members from a different club if they are they are the only member of their club that wants to participate.
- ◆ The length of acts should not exceed 10 minutes. This includes set and take down time. This means time to set up and clear the stage should be 4 minutes or less.
- ◆ Amateur Program - No individual or musical group that performs regularly for pay will be permitted to participate competitively. (This does not mean individuals or individual group members cannot join with other 4-H members and participate.)

Qualified performing artists as defined by the IRS under the code for the tax year in Instructions for Form 2106, a "professional" is defined as an individual who: 1. Performed services in the performing arts as an employee for at least two employers during the tax year. 2. Received from at least two of those employees wages of \$200 or more per employer. 3. Had allowable business expenses attributable to the performing arts of more than 10% of gross income from the performing arts. 4. Had adjusted gross income of \$16,000 or less before deducting expenses as a performing artist.

Basis for Scoring

- ◆ **Performance and Polish** (originality shown, interpretation of material, skill, timing, smoothness and grace of routine) 50%
- ◆ **Appearance** (appropriate costumes, light and sound effects, stage props, atmosphere, appropriate to the theme of act) 25%
- ◆ **Projection** (ability to project to reach audience) 25%

Awards

- ◆ 1st-3rd place will be awarded in each category per age division. All judges decisions are final.

The Showcase is not designed to be a highly competitive activity or a talent show, but a time to enjoy the arts with 4-H members and the audience.



County Roundup Public Speaking

Entries Due: January 18, 2024
<https://forms.office.com/r/smcsFCMBYy>
Contest: January 29, 2024, Registration @ 5:15p



Purpose

- ◆ Assist youth in developing a diverse set of verbal and nonverbal communication skills.
- ◆ Acquire the ability to speak convincingly in public.
- ◆ Learn how to organize material and present their ideas in a logical order.
- ◆ Recognize the need for obtaining pertinent and timely information on a given topic.
- ◆ Develop a pleasing personal appearance and presence before an audience.
- ◆ Communication is the key to our local, county, state, national and global society.

Speech

A 4-H talk/regular speech is one means of sharing information and educating an audience about a specific subject. It is an oral presentation in which the member does not rely on posters/illustrations or objects. All illustrations are communicated through descriptions used in the speech. Basically, the 4-H member paints a picture or tells a story through oral communication.

Illustrated Presentations

A 4-H illustrated talk is another means of sharing information and educating an audience about a specific subject. It is an oral presentation in which the member uses posters/illustrations or objects to emphasize/illustrate specific points in the presentation.

A 4-H demonstration is a means of sharing information with an audience by showing them how to do something. In this oral presentation the member shows how to make an item or complete a task. When a demonstration is finished the 4-H member will have a finished product to show.

Powerpoint

Visual presentation must be accompanied by an oral presentation by the individual. No teams. Visual presentation must be brought on a flash drive. Also bring a printout of your slides in case of equipment failure. Laptop computer and screen provided.

Famous Person

Portraying a person or character from sports, pop culture or history, either from the past or present, through public speaking and props. **NO cartoon or fictional characters allowed.** Props are encouraged and part of the scoring. No live firearms or animals. It is expected that 4-H members ONLY portray famous people of good moral and character.

Grade Divisions (grade as of August 1 current year)

- ◆ Junior 3rd-5th Grade
- ◆ Intermediate 6th-8th Grade
- ◆ Senior 9th-12th Grade

Guidelines

- ◆ One entry per class per member. Pre-entry required.
- ◆ Maximum of two entries per person in the public speaking contest.
- ◆ No live animals, ammunition or guns. Toy props may be used.
- ◆ Time Limits:
Regular Talks — Jr. (2-5 min.), Intermediate (5-7 min.), Senior (5-7 min.)
Illustrated Presentations — Jr. (3-10 min.), Intermediates (5-12 min.), Sr. (5-12 minutes)
Powerpoint — Jr. (3-5 min.), Intermediate (5-7 min.), Sr. (5-7 min.)
Famous Person - Jr. (2-5 min); Intermediate (5-7) min; Sr. (5-7 min.)

Public Speaking Types

1. Speech (Individuals Only, no props or visuals)
2. Illustrated (Individual or Team)
3. PowerPoint (Individuals Only)
4. Famous Person (Individual or Team)

Public Speaking Categories

01 Animal Science (Horse, Beef, Dairy, Goat, Swine, Sheep, Poultry, Vet Science)

02 Small Animals/Pets (Birds, Cats, Dogs, Fish, Rabbits)

03 General Ag (Ag related topics that are neither animal science nor plant/natural sciences)

04 Plant/Natural Science (Agronomy, Horticulture, Entomology, Wildlife, Forestry, Environmental, Natural Resources, Camping, Shooting Sports, Rocketry, Bicycle, Electric, Woodworking, Petroleum Power)

05 Science & Technology (Not for Powerpoint presentations. They are category 13.) Computers, Robotics, Science Experiments, Physical Science, GPS, Aerospace, Rocketry

06 Communication and Visual Arts (Photography, Speaking, Recreation, Arts & Crafts, Performing Arts, Hobbies)

07 Family & Consumer Sciences (Childcare, Fabric & Fashions, Safety, Personal Development, Consumer Education)

08 Social Sciences (Citizenship, Leadership, Government, Community Service, History, Military, Geography, Historical Figures (Not Famous Person))



County Roundup (Continued)
Entries Due: January 18, 2024
Contest: January 29, 2024

09 Health & Wellness (Health, Nutrition, Food Safety, Fitness, Sports)

10 Foods (Food preparation with finished product including nutrition facts and food safety.)

11 PowerPoint

12 Famous Person

- ◆ Like categories within the same age group will be combined when less than 3 entries are made in a category.

Awards

- ◆ Contestants will be ranked 1st-10th in all types at every age level.
- ◆ All judges decisions are final.

Special Awards in Animal Science, Breads, Citizenship, Dairy, Electric, Healthy Living and Peanut will be announced at the Awards Celebration in October.

Sweepstakes

- ◆ Clubs compete for the sweepstakes award.
- ◆ Entry fees are paid for the SE District 4-H Public Speaking contest for the winning club.
- ◆ 1st place = 5 points; 2nd place = 4 points; 3rd place = 3 points; 4th place = 2 points; 5th-10th place = 1 point.
- ◆ Teams receive double points for placing.



Favorite Food & Table Setting Show
RSVP by February 8, 2024
<https://forms.office.com/r/92BkCTjWU3>
Show - February 12, 2024 5:15p



Purpose of Favorite Food Show

- ◆ Give members a chance to share what they have learned in the food science and/or food and nutrition project in a non-competitive situation.

Guidelines

- ◆ Your favorite food and appropriate serving dish with serving utensil.
- ◆ Recipe
- ◆ A suitable menu.
- ◆ An attractive place setting.
- ◆ Plan an attractive table setting for one person, include dishes silver, glassware and linen.
- ◆ The table setting should be appropriate for the occasion.
- ◆ Wear appropriate clothing.

Recognition

Members receive participation certificates and participation ribbons. Everyone participates in the Tasting Party!



Job Readiness
Folders Due: Feb 22, 2024
<https://form.jotform.com/211235908734052>
Interviews February 26, 2024 @ 4:00pm

Purpose of Job Readiness

- ◆ Prepare youth for assessing employment skills and researching job opportunities.
- ◆ Develop skills for completing a job application form, participating in an interview and communicating a personal understanding of an ability to perform specific job requirements.

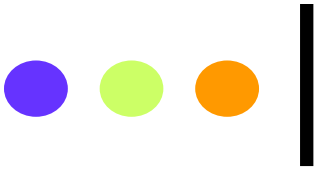
Grade Divisions (grade as of August 1 current year)

- ◆ Intermediate Grades 7-8
- ◆ Senior Grades 9-12

Categories

1. **Retail Sales:** could include discount stores, department stores, specialty stores, grocery stores, farm supply stores, gardening and nursery, bookstores, etc.

-Job Readiness Guidelines Continued On Next Page-



Job Readiness Continued... Folders Due: February 22, 2024 Interviews February 26, 2024

2. **Services:** could include full-service restaurants, fast food, day care, automotive service and repair, farm/ranch workers, contractor/construction worker, photography, hair stylists, etc.
3. **Home-Based Type Businesses:** babysitting, housekeeping, catering service, lawn care and maintenance, home repair/maintenance, custom sewing, pet care, word processing, etc.
4. **Office Work:** clerical, filing, receptionists, etc.
5. **Health Care:** nursing homes, hospitals, doctors offices, pharmacies, etc.
6. **Others:** Please specify job type. Should be a job that does not fit into one of the above categories.

Criteria for Judging

Participants will be scored on:

- ◆ Application Form, Letter Of Application, Resume, Interview and Follow-up Letter

Guidelines

1. Select a job in which you have an interest. Select a position for which you are qualified. Use factual information about yourself and an actual job throughout the application process and interview.
2. Submit the following in one letter-size file folder labeled on the upper left corner of the file folder with Name of Participant, Club, and Job Category:
 - ◆ Application for Employment
<https://bit.ly/3vYR42E>
 - ◆ Letter of application addressed to firm.
 - ◆ Resume
3. All materials must be the work of the participant.
4. Participants will be evaluated on being dressed in appropriate attire for the interview and type of job.
5. Each participant will participate in a 10-12 minute interview. Sample questions are available; however, evaluators may ask other questions.
6. After the interview, the participant will have 15 minutes to compose an interview follow-up letter. The participant may bring one note card with the name and address of the prospective employer. The letter must be written in black or blue ink or computer generated. A computer, paper and pens will be provided. No phone calls are allowed during this time.

Awards

- ◆ Individuals will be ranked 1st-10th in each grade division.

Everything But The BAA! Entries Due: February 15, 2024 <https://bit.ly/3vYR42E> Contest: February 26, 2024 @ 5:00pm



Purpose

- ◆ Learn about sheep and wool.
- ◆ Learn to select clothing for color, fit and style.
- ◆ Learn communication skills through interviewing.

Grade Divisions

- ◆ Dependent Upon Number Of Entries

Guidelines

- ◆ Contestant must complete the interview process.
- ◆ Contestant must furnish his/her own garment.
- ◆ Garment must be at least 60% wool.
- ◆ Garment can be purchased or self-made.
- ◆ Sheep Skill-A-Thon

Extemporaneous Public Speaking

Entries Due: February 22, 2024

<https://forms.office.com/r/3NQzgaHsSJ>

Contest: February 26, 2024

@ 5:30pm



Grade Divisions (grade as of August 1 of the current year)

- ◆ Junior 3rd-5th Grade
- ◆ Intermediates 6th-8th Grade
- ◆ Senior 9th-12th Grade

What is an Extemporaneous Presentation?

An extemporaneous presentation is just like a 4-H talk with the exception that the member draws a topic to speak about. The topic will deal with general interest subjects or 4-H. The participant has three minutes to organize ideas on the topic and then present the thoughts to the audience.

Guidelines

- ◆ Subject choices will change on a yearly basis. Each participant will draw a topic and then have 5 minutes to prepare an outline. Contestants should limit their use of notes to this outline.
- ◆ Time limit: Jr. 9-11 (1-3 minutes), Intermediates (2-4 minutes); Sr. (3-5 minutes). Speeches should be no longer than 5 minutes.



Food Showdown

Entries Due: April 11, 2024

Contest: April 15, 2024; Registration @ 5:15p

<https://forms.office.com/r/N6z2JaLP3T>



Purpose

- ◆ Provide opportunities for participants to exhibit their food and nutrition knowledge, skill and creativity when preparing
- ◆ Provide opportunities for participants to learn from other team members, while promoting teamwork.
- ◆ Give members an opportunity for public speaking and leadership.

Grade Divisions (grade as of August 1 current year)

- ◆ Junior 3rd-7th Grade
- ◆ Senior 8th-12th Grade (competitive, must be an eligible Roundup Delegate to compete at District and State)

4-H Food Showdown Defined

This contest, modeled after such competitions as Iron Chef and Chopped, challenges teams of 4-H members to create a dish from predetermined ingredients and a common pantry. From these ingredients, team members must use their food and nutrition knowledge, creativity and leadership skills to prepare the dish and then make a presentation to the judges.

Presentation

The presentation will include information about the serving size, nutritional value and the cost of the dish.

Supplies

Each team must provide their own equipment box.

Secret Ingredients & Common Pantry

The secret ingredients and a common pantry is supplied by the contest officials. No other food items are allowed except those provided by the contest officials.

Rules of Play & Safety Rules

Each team member is expected to read and know the rules of play and safety rules. Extreme violation of these rules could result in disqualification.

Educational Resources

All education resources allowed at the contest will be provided.

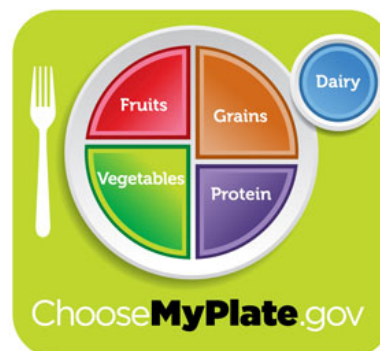
Detailed information about the 4-H Food Showdown can be found at:

<https://4h.okstate.edu/events/food-showdown/index.html>



Awards

- ◆ Certificates are presented to all participants.
- ◆ The 1st-3rd place team receive medallions.
- ◆ The 1st place Junior and Senior team will compete at the SE District contest.
- ◆ Teams may not substitute team members for the SE District Contest. It must be the original team.





Design & Construction (Apparel Design & Construction, Interior Design & Construction, Hobbies/Textile Design & Construction)
ACTUAL Design & Construction & Consumer Buying Exhibits Due: April 11, 2024
Design & Construction Entries On Display April 15, 2024; 5:15p
Exhibit Tags <https://bit.ly/3vYR42E>

General Skills To Be Mastered In The Project:

- ◆ **Structural Design:** Construction technique, size, form, color and texture suited to the materials and product end use.
- ◆ **Elements of Design:** The finished product illustrates the member is mastering the basic elements of design - lines, shapes or forms, textures, colors, and space.
- ◆ **Principles of Design:** The finished product illustrates an understanding and application of the principles of harmony, proportion, balance, rhythm and emphasis adding dimension, interest and/or appeal to the finished product.
- ◆ **Surface Design:** Any lines, shapes, colors, textures, or materials applied to structural design that creates an emotional or personal quality, individuality and creative expression without disturbing initial/end purpose.

Age Divisions (age as of August 1 of the current year)

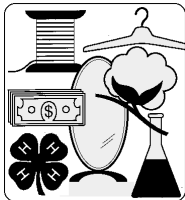
- ◆ Members must complete project work for their age level.

General Guidelines

- ◆ All Design and Construction projects will be REQUIRED to have the Skill Mastery Sheet securely attached to the project. The sheet MUST be completed by the 4-H member. The skill mastery sheet <https://4h.okstate.edu/projects/design-and-construction/curriculum-andpatterns.html> Click Sample Technique Cards to find instruction for many of the techniques noted in the skill sheets (i.e. facings, zippers, hems, fasteners, etc.). Instruction Sheets for the projects listed can be found at: <https://4h.okstate.edu/projects/design-andconstruction/project-guide-sheets.html>
- ◆ 4-H member may enter one exhibit in each class, but are restricted to those exhibits designed for his or her age group.

Awards and Recognition

- ◆ Exhibits in each class will be placed 1st-10th. Overall Grand and Reserve Grand Champion will be selected from the first place winners in each category.



APPAREL DESIGN & CONSTRUCTION – (ADC)

Grades 3-5 - Project must have at least two (2) skills/techniques identified as appropriate for the ADC Level 1 or Level 2 project work. Some classes have specific skills/techniques which must be incorporated into the exhibit.

1. **Simple Tops** (shirt, tank top, t-shirt, vest, poncho, costume, or any other similar simple top). No lined garments. Exhibits in classes 01 and 02 are to be SIMPLE. Exhibit must have two (2) or more of the specific skills/techniques listed under any of the following headings Level 1 Mastery Sheet: Buttons, Casing, Hem, Seams, Seam Finishes.

2. **Simple Bottoms** (shorts, capris, pants, skirts, costume, or any other similar simple bottom). Garments are not to be lined, have pockets or a zipper. Exhibits in classes 01 and 02 are to be SIMPLE. Exhibit must have two (2) or more of the specific skills/techniques listed under any of the following headings Level 1 Mastery Sheet: Hem, Seams, Seam Finishes, Waistband.

3. **Simple Lined or Unlined One-piece garment** with one or one or more: pocket, waistband or facing (top, bottom, robe, jacket, dress, jumpsuit, vest, poncho/shawl costume, or any other similar one-piece garment). Exhibit must have two (2) or more of the specific skills/techniques listed under any of the following headings in the Level 1 or 2 Mastery Sheet: Facing, Pocket, Waistband, Zipper, Interfacing, Seam Finish. Waistband can be a flat front band and elastic back.

4. **Non-human Apparel** (doll, pet or livestock garment/costume, or any other similar item)

5. **Simple Sewn Fashion Accessory** (sewn hat, scarf, bag, wallet, purse, mittens, string-pack or textile based jewelry, or any other similar sewn fashion accessory)

6. **Knitted/Crocheted Fashion Accessory** (knitted/crocheted hat, scarf, bag, wallet, string-pack, or textilebased jewelry, or any other similar knitted/crocheted fashion accessory). Exhibit must have two (2) or more of the specific skills/techniques listed under any of the following headings in the Level 1 or Level 2 Mastery Sheet: Crochet, Knitting.

7. **“Recycled/Upcycled” Apparel/Garment/Fashion Accessory** with before and after (garment/accessory being worn) pictures and a written description of the design and construction process/steps the member undertook and reason(s) for “redesign.” See Frugal Fashion Instruction Sheet and other OK Recycle and Redesign resources.

**** See Class 20 All Grades:** Apparel Design Project Portfolio Grades 6-8 - Project must have at least two (2) skills/techniques identified as appropriate for the ADC Level 2 or Level 3 project work. Some classes have specific skills/techniques which must be incorporated into the exhibit.

8. **Blouse/Shirt with sleeves and closure.** Exhibit must have two (2) or more of the specific skills/techniques listed under any of the following headings in the Level 3 Mastery Sheet: Buttons and Buttonhole, Fasteners, Sleeves, Zipper. No jackets, coats or vests.

9. **Lined or Unlined Bottom with zipper and pocket(s)** Exhibit must have two (2) or more of the specific skills/techniques listed under any of the following headings in the Level 3 Mastery Sheet: Interfacing/Underlining, Lining, Pockets, Zippers. Pocket style must be one described on the skill sheet.

10. **Lined or Unlined Two-piece garment** (coordinating top and bottom, jacket/vest with bottom/dress, PJ's, uniform, costume, or any other similar two-piece coordinate). Exhibit must have two (2) or more of the specific skills/techniques listed under any of the following headings in the Level 3 Mastery Sheet: Buttons and Buttonhole, Fasteners, Interfacing/Underlining, Lining, Pockets, Sleeves, Zipper.



Design & Construction — Continued...

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11. **Sewn Fashion Accessory** with closure/fastener and seams. (Examples: hat/earmuffs, wallet, bag/purse/backpack, costume accessory (such as gloves, apron, bustier), textile-based jewelry, or any similar sewn accessory. See specific skills/techniques listed under the following headings Level 3 Mastery: Buttons and Buttonholes, Fasteners, Seams, and Seam Finish which may apply.

12. **Fashion Garment or Accessory** created by Knitting/Crocheting/Tatting/Felting or similar technique. No accessory is to be constructed from commercial/purchased fabric (woven, knit, felt, etc.) Knitted or crocheted exhibit must have two (2) or more of the specific skills/techniques listed under any of the following headings in the Level 3 Mastery Sheet: Crochet and/or Knitting.

13. **“Recycled/Upcycled” Apparel/Garment/Fashion Accessory** with before and after (garment/accessory being worn) pictures and a written description of the design and construction process/steps the member undertook and reason(s) for “redesign.” See Frugal Fashion Instruction Sheet and other OK Recycle and Redesign resources.

**** See Class 20 All Grades:** Apparel Design Project Portfolio **Grades 9-12** - Project must have at least two (2) skills/techniques identified as appropriate for the ADC Level 3 or Level 4 project work. Some classes have specific skills/techniques which must be incorporated into the exhibit.

14. **One-piece lined or unlined garment** (pants, skirt, coat, jacket, dress, jumpsuit, uniform, formalwear, costume, or any other similar garment) with two (2) or more of the specific skills/techniques listed under any of the following headings in the Level 4 Mastery Sheet: Collar/Cuff, Buttons and Buttonholes, Fasteners, Hem, Interfacing/Under lining/Interlining, Lining, Seam, Seam/Finish, Zipper.

15. **Two-piece lined or unlined ensemble/coordinate** (coat/jacket/vest/shirt/blouse with dress/pants/slacks/skirt/etc., suit, costume, or any other similar two-piece coordinate with two (2) or more of the specific skills/techniques listed under any of the following headings in the Level 4 Mastery Sheet: Collar/Cuff, Buttons and Buttonholes, Fasteners, Hem, Interfacing/Under lining/Interlining, Lining, Seam, Seam/Finish, Zipper.

16. **Sewn Fashion Accessory** with closure/fastener and seams. (Examples: hat/earmuffs, wallet, bag/purse/backpack, costume accessory (such as gloves, apron, bustier), textile-based jewelry, or any similar sewn accessory. See specific skills/techniques listed under the following headings Level 3 Mastery: Buttons and Buttonholes, Fasteners, Seams, and Seam Finish which may apply.

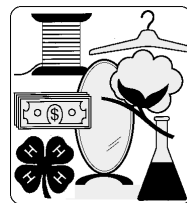
17. **Fashion Garment or Accessory** created by Knitting/Crocheting/Tatting/Felting or similar technique. No accessory is to be constructed from commercial/purchased fabric (woven, knit, felt, etc.) Knitted or crocheted exhibit must have two (2) or more of the specific skills/techniques listed under any of the following headings in the Level 4 Mastery Sheet: Crochet and/or Knitting.

18. **Functional Fashion Accessory or Garment designed for Special Needs.** “Special Needs” being the individual requirements of a person with a mental, emotional, physical disability or disease.” MUST include a description of whom it was made for, why the need, any special adaptations per the individuals request and any other pertinent information supporting the finished product. (Examples of fashion accessories or garment: apron/tidy-top; garment adaptation; mastectomy pillow; cancer cap/hat; slippers/shoes; wheelchair - coat, gloves, backpack, cell phone caddy; etc. This exhibit is for fashion accessories and garments worn by the person. See IDC class 40 for other special needs item.) See Citizenship through Service Learning and Sewing for Special Needs instructions.

19. **Recycling/Upcycling Apparel on a Budget** – Focus is on the skill/technique mastery applied to the recycling/upcycling of a garment with a budget of \$10. Must include an expense sheet for any supplies/garments purchased. In kind or on hand supplies (thread, fabric/trim scraps, buttons, interfacing, etc.) used in the design and construction are also to be listed on the expense sheet. Exhibit must include before and after (garment being worn) pictures and a written description of the design and construction process/steps the member undertook. See Frugal Fashion Instruction Sheet and other OK Recycle and Redesign resources.

**** See Class 20 All Grades:** Apparel Design Project Portfolio **All Grades - ADC**

20. **All Grades: Apparel Design Project Portfolio:** A portfolio is a great record keeping tool. It will be a valuable source for ideas and future projects, a place to share any project work done in ADC and provide a place to show samples of new techniques or knowledge explored in ADC. It is a notebook with three (3) sections – 1) Projects/Products, 2) Sample Technique Pages and 3) Creative Inspirations and Ideas. See Design Portfolio instructions. All Portfolios, regardless of grade, will be judged together.



INTERIOR DESIGN & CONSTRUCTION - (IDC)

IDC project must be made largely from a textile product unless otherwise stated. A textile is a flexible material made of fiber/thread/yarn. Textiles are formed with various methods including weaving, knitting, crocheting, knotting or felting. Other words for textiles are

cloth and fabric.

Grades 3-5 - Project must have at least two (2) skills/techniques identified as appropriate for the ADC Level 1 or Level 2 project work. Some classes have specific skills/techniques which must be incorporated into the exhibit. The following headings on the Mastery Sheets are just a few examples of skills/techniques which apply to many of the projects listed in IDC: Buttons, Casing, Gathering, Hem, Seam, Seam Finish, Buttons and Buttonhole, Crochet, Darts, Facing, Fasteners, Interfacing, Knitting, Pleats, and Zipper.

Design & Construction — Continued...

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21. **Home Accent Kitchen:** apron, food caddy/warmer, appliance cover, message center/board, simple curtains, tablecloth, simple table runner, hand/dish towel, potholders, hot pad, lunch bag, (1) placemat, (2) napkins, or any other similar item for the kitchen. All exhibits should illustrate some skill mastery of hand or machine sewing techniques
 22. **Home Accent Bedroom:** Examples: two pillowcases, two coordinating pillows, pair of curtains (no commercially produced linens), or any combination of two coordinating pieces (i.e., blanket/quilt with binding, lamp shade, lap desk, rug-latched/woven/braded/etc., painted floor cloth, any other item) for the bedroom).
 23. **Simple Storage Bag without zipper:** laundry, jewelry, cosmetic/toiletry/shaving/pencil, book/electronic cover, or any other similar bag for home/school/office/shop/vehicle/exercise/hobby/barn/etc. **No fashion accessory type bags.**
 24. **Home Accent Storage:** bucket caddy, hanging storage unit, under-bed storage, basket liners, storage box, locker storage, scrapbook cover, or any other similar item. No bags.
 25. **Seasonal Décor sewn from fabric:** table runner, (1) placemat with napkin, wall hanging, yard flag/banner/windsock, centerpiece, decoration, or any other similar item, sewn by hand or machine stitching. This class is not intended for full size quilts/blankets which do not fit “seasonal décor.”
 26. **Recycled/Upcycled Furniture** – Painted, stained, refinished, decoupage, tiled or upholstered furniture, or any other appropriate technique not stated to recycle/repurposed a piece of furniture. Purchasing an unfinished piece of furniture does not qualify as recycling/repurposing. MUST include before and after (furniture displayed, showing how it was designed to fit a room’s décor) photos, a description of the process - inspiration/design process, who it was made for, why the need, any special considerations, or any other pertinent information supporting the finished product. See Recycle and Redesign instruction sheet.
**** See Class 39 All Grades: Special “Needs” Accessory**
**** See Class 40 All Grades: Seasonal Décor non fabric**
**** See Class 41 All Grades: Interior Design Project Portfolio**
- Grades 6-8** - Project must have at least two (2) skills/techniques identified as appropriate for the ADC Level 2 or Level 3 project work. Some classes have specific skills/techniques which must be incorporated into the exhibit. The following headings on the Mastery Sheets are just a few examples of skills/techniques which apply to many of the IDC projects listed: Buttons and Buttonhole, Casing, Crochet, Darts, Facing, Fasteners, Gathering, Hem, Knitting, Pleats, Seam, Seam Finish, Zipper, Applique, Interfacing/Underlining, Lining, Pockets, Staystitching, Trim(s), Top Stitching and Zipper.
27. **Design Storyboard** – For an “Ultimate/Ideal” Room. Include color scheme, wall treatment, floor treatment, floor plan, etc. Exhibit will consist of a multimedia presentation, notebook, or story board (matte or foam core board 20” x 15”) with above items and a description of what was learned. Project can include but not limited to pictures, samples, diagram of room arrangement, drawings, narration, cost comparison of supplies, arrangements, and budget/cost, etc. for project. See Storyboard instruction sheet.
 28. **Home Accent Kitchen:** apron, food caddy/warmer, appliance cover, message center/board, simple curtains, tablecloth, simple table runner, hand/dish towel, potholders, hot pad, lunch bag, (1) placemat, (2) napkins, or any other similar item for the kitchen. All exhibits should illustrate some skill mastery of hand or machine sewing techniques
 29. **Home Accent Bedroom:** Examples: two pillowcases, two coordinating pillows, pair of curtains (no commercially produced linens), or any combination of two coordinating pieces (i.e., blanket/quilt with binding, lamp shade, lap desk, rug-latched/woven/braded/etc., painted floor cloth, any other item) for the bedroom). Added to beginning level new class 22
 30. **Storage Bag with some type of closure other than drawstring:** laundry, jewelry, cosmetic/toiletry/shaving/pencil, gym/tool/equipment/sewing bag, book/electronic/computer cover, garment bag, or any other similar bag for home/school/office/shop/vehicle/exercise/hobby/barn/etc. No fashion accessory type bags.
 31. **Home Accent Storage:** bucket caddy, hanging storage unit, under-bed storage, basket liners, storage box, scrapbook cover, or any other similar item
 32. **Seasonal Décor sewn from fabric:** table runner, (2) placemats with napkins, wall hanging, yard flag/banner/windsock, centerpiece, decoration, or any other similar item, sewn by hand or machine stitching. This class is not intended for full size quilts/blankets which do not fit “seasonal décor.”
 33. **Recycled/Upcycled Furniture** – Painted, stained, refinished, decoupage, tiled or upholstered furniture, or any other appropriate technique not stated to recycle/repurposed a piece of furniture. Purchasing an unfinished piece of furniture does not qualify as recycling/repurposing. MUST include before and after (furniture displayed, showing how it was designed to fit a room’s décor) photos, a description of the process - inspiration/design process, who it was made for, why the need, any special considerations, or any other pertinent information supporting the finished product. See Recycle and Redesign instruction sheet.
**** See Class 39 All Grades: Special “Needs” Accessory**
**** See Class 40 All Grades: Seasonal Décor non fabric**
**** See Class 41 All Grades: Interior Design Project Portfolio**



Design & Construction — Continued...

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Grades 9-12 - Project must have at least two (2) skills/techniques identified as appropriate for the ADC Level 3 or Level 4 project work. Some classes have specific skills/techniques which must be incorporated into the exhibit. The following headings on the Mastery Sheets are just a few examples of skills/techniques which apply to many of the projects listed: Applique, Buttons and Buttonhole, Bias Tape, Couture Technique/Historic Technique, Crochet, Darts, Facing, Fasteners, Hem, Interfacing/Underlining, Knitting, Lining, Mitered Corners, Pleats, Pockets, Seam, Seam Finish, Staystitching, Trim(s), Top Stitching and Zipper.

34. Design Storyboard – For an “Ultimate/Ideal” Room. Include color scheme, wall treatment, floor treatment, floor plan, etc. Exhibit will consist of a multimedia presentation, notebook, or story board (matte or foam core board 20” x 15”) with above items and a description of what was learned. Project can include but not limited to pictures, samples, diagram of room arrangement, drawings, narration, cost comparison of supplies, arrangements, and budget/cost, etc. for project. See Storyboard instruction sheet.

35. Home Accent Living/Family room- any combination of two-piece coordinates for the living/family room (slipcovers, lined or unlined curtains/drapes/shades, pillows, lap throw/lap quilt, remote caddy, ottoman, lamp shade, fireplace mantel scarf, doily, or any other similar item). No full-size quilts, full size quilts would be exhibited in classes 54 or 55.

36. Home Accent Outdoors/Patio/Camping – any combination of a two-piece coordinate (picnic/BBQ accessories, patio furniture cushions/covers, shades, (1) placemat with napkin (this is a “set” and does not count as a two-piece coordinate), utensil/condiment caddy, insulated carrier, picnic blanket, outdoor sling chair, hammock, sleeping bag, or any other similar item not stated for outdoors/patio/camping.

37. Recycled/Upcycled Furniture – Painted, stained, refinished, decoupage, tiled or upholstered furniture, or any other appropriate technique not stated to recycle/repurposed a piece of furniture. Purchasing an unfinished piece of furniture does not qualify as recycling/repurposing. **MUST** include before and after (furniture displayed, showing how it was designed to fit a room’s décor) photos, a description of the process - inspiration/design process, who it was made for, why the need, any special considerations, or any other pertinent information supporting the finished product. See Recycle and Redesign instruction sheet.

38. Seasonal Décor sewn from fabric: table runner, (2) placemats with napkins, wall hanging, yard flag/banner/windsock, centerpiece, decoration, or any other similar item, sewn by hand or machine stitching. This class is not intended for full size quilts/blankets which do not fit “seasonal décor.”

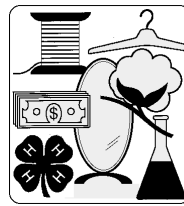
**** See Class 39 All Grades: Special “Needs” Accessory**

**** See Class 40 All Grades: Seasonal Décor non fabric**

**** See Class 41 All Grades: Interior Design Project Portfolio**

All Grades - IDC

- 39. Functional Home Accessory design for Special “Needs”** – “Special Needs” being the individual requirements of a person with a mental, emotional, physical disability or disease. **MUST** include a description of who it was made for, why the need, any special adaptations per the individuals request and any other pertinent information supporting the finished product. (Examples of housing accessories for special needs: sensory swing/activity station; fidget quilt/blanket/mat; bedding/pillows/lap blanket; weighted/pressure/gravity blanket; bed/chair/walker caddy; bath or kitchen accessory; bedrail; storage; etc.) See Citizenship through Service Learning and Sewing for Special Needs instructions.
- 40. Seasonal Décor non fabric/textile:** wall hanging, centerpiece, decoration, or any other similar item not stated. Exhibit is not to be constructed primarily from fabric or any textile-based product. It can have some textiles (i.e., lace, ribbon, buttons, etc.)
- 41. Interior Design Project Portfolio:** A portfolio is a great record keeping tool. It will be a valuable source for ideas and future projects, a place to share any project work done in IDC and provide a place to show samples of new techniques or knowledge explored in IDC. It is a notebook with three (3) sections – 1) Projects/Products, 2) Sample Technique Pages and 3) Creative Inspirations and Ideas. See Design Portfolio instructions. All Portfolios, regardless of grade, will be judged together.



HOBBIES/TEXTILE DESIGN AND CONSTRUCTION - (HTDC)

HTDCS projects are made from a textile product created by the exhibitor, unless otherwise stated. A textile is a flexible material made of fiber/thread/yarn. Textiles are formed with various methods including weaving, knitting, crocheting, knotting or felting. Other words for textiles are cloth and fabric.

- Grades 3-6** - Project must have at least two (2) skills/techniques identified as appropriate for the ADC Level 1 or Level 2 project work. Some classes have specific skills/techniques which must be incorporated into the exhibit. See sample technique cards for some of the HTDC techniques.
- 42. Simple Sewn Stuffed animal, doll or puppet with both hand and machine stitching techniques.** Focused on showing technique mastery/what was learned constructing the finished product.
- 43. Decorative Textile Technique:** Skill techniques(s) being mastered/learned - screen printing, transfer printing, fabric pens, tie dye, batik, stenciling, block printing or a similar method applied to a textile foundation such as a piece of clothing, fashion accessory or home décor purchased or sewn by the exhibitor. Any skill technique listed in classes 44-47 are not to be exhibited in this class. Focus is on the 1) mastery of one or more decorative textile technique, 2) creativity, and 3) mastery of the use of the elements and principles of design.



Design & Construction — Continued...

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44. **Textile Fabric Creation:** Skill technique(s) being mastered/learned - weaving (beading or textile), latchhook, braiding, macramé, knitting, crochet, felting, basket weaving or a combination of one of these techniques to create a textile. "Textile" defined as any woven, looped or felted thread or fibre. Focus is on 1) the mastery of one or more defined textile technique(s) used to complete a finished product 2) creativity and 3) master of the use of the elements and principles of design. Examples: toy/game (rug for doll house, doll, ball, etc.), home décor (doily, table scarf, pillow, coaster, wall hanging, plant hanger, small basket, linen - dish cloth, scrub, towel, pillow cover, etc.), clothing/fashion accessory (hat, scarf, purse/bag, jewelry, etc.) or similar small item. Any skill technique listed in classes 43, 45-48 are not to be exhibited in this class.
45. **Needle Art by Hand:** Skill technique(s) being mastered/learned - hand embroidery, counted cross-stitch, needlepoint, crewel embroidery, needle punch or smocking applied to towel, pillowcase, garment, home accessory. Pictures must be framed. Base/foundation for needle art can be purchased or sewn by the exhibitor. Focus is on 1) the mastery of one or more "hand" needle art technique(s), 2) creativity, and 3) master of the use of the elements and principles of design.
46. **Needle Art by Machine:** Simple machine embroidery, cross stitch/decorative stitches, or applique applied to small decorative items, home accessories, towel, pillowcase, garment, picture, flag, banner, windsock, etc. Base/foundation for needle art can be purchased or sewn by the exhibitor. Focused on 1) the mastery of machine created needle art techniques, 2) creativity, and 3) master of the use of the elements and principles of design. NO full size quilts.
47. **Machine Pieced or Appliquéd Item** – Skill technique (s) being mastered/learned is machine piecing and/or applique in the creation of a "textile/fabric. From the piece, design and construct apparel, fashion accessory, or home décor item. Focus is on 1) the mastery of one or more "machine pieced or appliquéd technique(s)", 2) creativity, and 3) master of the use of the elements and principles of design. Examples might include picture or wall art, pillow, bag, doll quilt, flag, banner, windsock, etc. NO full size quilts.
48. **Repurposed Textile Creation:** Item made from repurposed textile material/product which can be worn/carried or used in the home. MUST include before and after (a picture being worn or displayed, showing how it was designed to fit room décor) photos, a description of the process - inspiration/design process, who it was made for, why the need, any special considerations, or any other pertinent information supporting the finished product. Focused on 1) appropriate use of repurposed textile, 2) quality of end product, 3) creativity, and 4) application of the elements and principles of design. Attach See Recycle and Redesign instruction sheet.
- ** See Class 57 All Grades: Hobbies and Textiles Design Project Portfolio
- ** See Class 58 All Grades: Quilts of Valor Community Service

Grades 7-12 - Project must have at least two (4) skills/techniques identified as appropriate for the ADC Level 3 or Level 4 project work. Some classes have specific skills/techniques which must be incorporated into the exhibit. See sample technique cards for some of the HTDC techniques.

49. **Stuffed animal, doll or puppet** with a minimum of two (2) hand and two (2) machine sewing techniques (i.e., embroidered/appliquéd/textile painted facial features, hair constructed from yarn/floss/fur, movable parts (arm, mouth, legs, etc.), use of fake fur, or any other similar combination of techniques showing mastery of skill/technique applied to the finished product.

50. **Decorative Textile Technique:** Create a piece of fabric using two (2) or more decorative textile techniques described in class 43. From the piece of fabric, design and construct apparel, fashion accessory, or home décor item. Any skill technique listed in classes 51-56 are not to be exhibited in this class. Focus is on the 1) mastery of technique, 2) the creative and appropriate blending of two or more decorative textile techniques, 3) the fabric/trim fittingly showcased in a finished product, and 4) master of the use of the elements and principles of design.

51. **Textile Fabric Creation:** Design and construction of an original textile [fabric or trim] using at least two (2) techniques described in class 45. Additional techniques might include but are not limited to hand spinning, cotton linter, and tatting. From the textile fabric, design and construct apparel, fashion accessory, or home décor item. Focus is on 1) the mastery of two or more textile technique(s) used to produce a textile, 2) creative and appropriate use of the "textile" in finished product, and 3) mastery of the use of the elements and principles of design. Any skill technique listed in classes 50, 52-56 are not to be exhibited in this class.

52. **Needle Art by Hand:** Two (2) or more of these "hand" technique(s). Techniques include but not limited to embroidery [floss, yarn (crewel) or ribbon], cross-stitch, needlepoint, needle punch, smocking, Trapunto quilting, hand quilting, or similar techniques. Base/foundation for needle art can be purchased or sewn by the exhibitor. Exhibit must be a finished product, ready to display/use. Focus is on 1) the mastery of two or more "hand" needle art technique(s), 2) creativity, and 3) a mastery of the use of the elements and principles of design. This class is not intended for pieced quilts which do not fit the criteria described. A pieced quilt would be exhibited in class 54 or 55.

53. **Needle Art by Machine:** Two (2) or more of these "machine" techniques: original free motion embroidery/thread painting, "modified" commercial/software-based embroidery design (must describe modification(s) on skill mastery sheet), Trapunto quilting, quilting, applique, or other advanced needle art technique(s) applied to clothing, fashion accessory or home/school/office décor. Base/foundation for needle art can be purchased or sewn by the exhibitor. Focus is on 1) the mastery of two or more "machine" created needle art techniques, 2) creativity, and 3) a mastery of the use of the elements and principles of design. This class is not intended for pieced quilts which do not fit the criteria described. A pieced quilt would be exhibited as class 54 and 55.



Consumer Buying

Exhibit Due: April 11, 2024

On Display: April 15, 2024

54. **Hand Pieced and/or Hand Appliquéd Item finished with Hand quilting.** Piecing and/or applique and quilting MUST have been done by hand, not by machine. Examples might include picture or wall art, pillow, bag, doll quilt, table runner, lap robe, etc. Focus is on 1) the mastery of “hand work,” 2) creativity and 3) the mastery of the use of the elements and principles of design.

55. **Machine Pieced and/or Machine Appliquéd Item finished with Machine Quilting.** Quilting must be done by the exhibitor. Examples might include picture or wall art, pillow, bag, doll quilt, lap robe, table runner, etc. Focus is on 1) the mastery of one or more “machine pieced or appliqued technique(s),” 2) creativity, and 3) mastery of the use of the elements and principles of design.

56. **Repurposed Textile Creation: Item made from repurposed textile material/product which can be worn, used in the home, at school, in the office, on the job, car/boat/vehicle, etc.** MUST include before and after (a picture being worn or displayed, showing how it was designed to fit room décor) photos, a description of the process - inspiration/design process, who it was made for, why the need, any special considerations, or any other pertinent information supporting the finished product. Focused on 1) appropriate selection of textile, 2) appropriate construction techniques for end use, 3) creativity, and 4) the use of the elements and principles of design. See Recycle and Redesign instruction sheet.

** See Class 57 All Grades: Hobbies and Textiles Design Project Portfolio

** See Class 58 All Grades: Quilts of Valor Community Service

All Grades - HTDC

57. **Hobbies and Textiles Design Project Portfolio:** A portfolio is a great record keeping tool. It will be a valuable source for ideas and future projects, a place to share any project work done in HTDC and provide a place to show samples of new techniques or knowledge explored in HTDC. It is a notebook with three (3) sections – 1) Projects/Products, 2) Sample Technique Pages and 3) Creative Inspirations and Ideas. See Design Portfolio instructions. All Portfolios, regardless of grade, will be judged together.

58. **Quilts of Valor Community Service** – Group or individually constructed quilt, constructed for the express purpose of being presented to a Veteran as part of the Quilts of Valor program. When available, attach the presentation script used in the Awards Ceremony or a copy of the report submitted to Quilts of Valor (<https://www.qovf.org/take-action/report-a-quilt-of-valor-award/>). Pictures of the presentation welcome. Be sure to have the veteran’s approval to use their picture for display.



Consumer Buying

(Not the same as Consumer Decision Making Contest held at the County Fair)

Purpose

This event is designed to test the buying and fashion skills of 4-H members.

Guidelines

4-Her’s entering must include the following typed or written, on 8 1/2 x 11 paper:

- ◆ Amount Saved
- ◆ Percentage Saved
- ◆ How This Outfit Enhanced My Wardrobe
- ◆ The receipt or tags from the outfit must be attached to document savings.
- ◆ Photo of the items purchased.

Grade Divisions

- ◆ Junior 3rd-7th Grade
- ◆ Senior 8th-12th Grade

New! Duds To Dazzle

Entry Due: April 25, 2024

Contest: April 29, 2024

Detailed Guidelines: <https://bit.ly/3vYR42E>



Duds To Dazzle

Purpose

Allow participants to exhibit knowledge and skills gained through their 4-H Fashion & Interior Design project by designing, constructing, and presenting a finished product.

- Allow participants learning opportunities.
- Promote teamwork.
- Help 4-H members gain experience in public speaking.
- Provide leadership opportunities for young people.
- Assist youth in gaining an appreciation for recycling textiles so that they do not end up in the waste stream.

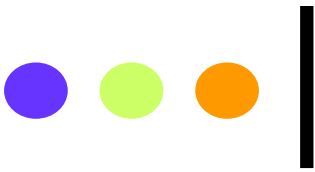
Guidelines

- ◆ A maximum of 3 team members.
- ◆ Design Categories: Wearable, Accessory/Jewelry and Non-Wearable.
- ◆ Each team will be provided a startup textile item for their assigned category and will create a garment/item using them with 60 minutes to create.
- ◆ Teams are challenged with being creative in developing an original product with the materials provided along with using their “Sewing Kit” and closet provided.

Grade Divisions

- ◆ Junior 3rd-7th Grade
- ◆ Senior 8th-12th Grade

Team Sewing Kit List: <https://bit.ly/3vYR42E>



Teen Leadership Team

Application Due: July 18, 2024

<https://bit.ly/3vYR42E>

Purpose

- ◆ Develop leadership skills.
- ◆ Develop communications skills.
- ◆ Participate as a member of a cohesive team.
- ◆ Become involved in the Teen Leaders project club.
- ◆ Be a role model.

Grade Requirement (grade as of Aug 1 current year)

- ◆ 7th-12th Grades

Guidelines

- ◆ Must have completed a County or State Record Book the previous year.
- ◆ Must complete an application and earn a minimum of 65 points.
- ◆ Agree to the terms of participation on the leadership team including: participation in at least 2 county activities and events and attend 50% of teen leader meetings.

4-H Royalty

Candidate Information Due: August 8, 2024

Interviews: August 12, 2024, 5:30p

Funds Due: August 16, 2024

<https://bit.ly/3vYR42E>



Purpose

- ◆ Local club and county fundraiser to support educational programming, activities and events, trips, recognition programs, volunteer development opportunities and educational materials.

Grade Divisions: (grade as of August 1 current year)

- ◆ Junior Royalty Candidate: 3rd-7th Grade
- ◆ Senior Royalty Candidate: 8th-12th Grade

Guidelines

- ◆ Club Participation: 55%
- ◆ Candidate Local And County Participation: 15%
- ◆ Individual Interview: 30%
- ◆ Escort: 3 bonus points awarded to candidates who declare their escorts by the entry deadline.

General Information

- ◆ 35% of the money is returned to the local club.
- ◆ Recognized at the Awards Celebration.
- ◆ Participate in the ECU Homecoming Parade.
- ◆ Assist with County Activities and Events

Consumer Decision Making, Horticulture ID, FCS Skill-A-Thon, Animal Science Skill-A-Thon

Registration Due: August 9, 2024

<https://bit.ly/3vJySZb>

August 15, 2024 - Registration 4-4:30p

Study materials, answer card examples

<https://bit.ly/3vYR42E>



Purpose

- ◆ Learn to rank certain articles or products based on standards and quality. Evaluate consumer items and tell why you think one is better than another in a given situation.
- ◆ Identify plants.
- ◆ Use your best judgment every time you make a purchase consciously or unconsciously, weighing factors like time, price, quality and need.
- ◆ Learn to identify 10 items related to foods and cooking and 10 items related to sewing and clothing and 10 interior design items.
- ◆ Identify animal science topics.

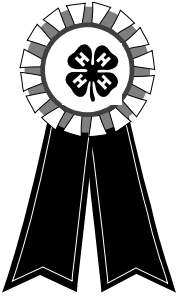
Grade Divisions: (Grade as of August 1 current year)

- ◆ Junior 3rd-7th Grade
- ◆ Senior 8th-12th Grade

General Information

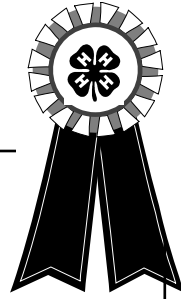
- ◆ The judging contest will begin with registration followed by an explanation of how the contest(s) will proceed .
- ◆ Awards will be given to the top Jr. and Sr. Individuals and





4-H Awards Programs

FORMS FOR AWARDS ARE AVAILABLE FROM THE EXTENSION OFFICE OR AT [HTTP://COUNTY. OKSTATE. EDU/PONTOTOC](http://COUNTY. OKSTATE. EDU/PONTOTOC)



In 4-H Project Work we encourage:

- Educating our members.
- Setting and completing goals.
- Developing communication skills.
- Developing life skills.
- Developing quality citizens and tomorrow's leaders.

The following awards are selected based upon a 4-H member's project work reported in their record book, medal form or appropriate application. All 4-H members grades 3rd-12th are eligible to apply. Carefully note the requirements for each award.

Deadlines for awards are noted on the calendar in the yearbook. Forms and applications can be found on the website. For more information on any of the following items contact the Extension Office or your local leader.

These awards are made available through the generous contributions of donors.

County Medals

To receive a medal, complete the minimum requirements specified on the medal form.

It is wonderful to do more than the minimum requirements.

A medal can only be earned once at each level. Junior (3rd-5th grade), Intermediate (6th-8th grade), and Senior (9th-12th grade).

For each year you continue work in a specific project, complete a medal form as a record of your work. This information becomes a record of what you accomplish each year and can be used to earn special awards.

The Medal Form must be turned in to the club leader at the specified time each year.

Jr. Record Keeping

A record book is an accumulation of all 4-H project work done in one or more years. A 4-H member continues to add to a record book each year.

A record book is an excellent way to look back and see how much you have grown and learned through your 4-H experience.

It can also be used to apply for a variety of awards and recognition.

4-H members in grades 3rd-7th (as of August 1 current year) should use the Junior Record Book form.

Members 8th-12th grade (as of August 1 current year) use the State Record Book form.

Jr. Record Books, 3rd-7th grade, are judged by grade. The record book is evaluated and recognized as Gold, Silver or Bronze Award. Books are evaluated 25% on following instructions and 75% on quality of project work.

Gold Award - The gold award means the member has **reported very good and thorough project work, as well as reported information as instructed.**

Silver Award - This award is given to members that **show a good start in project work but lack depth and thoroughness in reporting information.** It is suggested that the member visit with their 4-H Leader for ways to further improve reporting and developing project work.

Bronze Award - This award is given to members when their record keeping **shows little size and growth in project work.** It is suggested that the member visit with their 4-H Leader for suggestions on how to set goals and keep records of 4-H project work.

Awards Based on Jr. & Sr. Record Books

Selection for the following awards will be made on the merits of the 4-H member's project work. If judges deem that no person merits the award, it will not be presented. All judges decisions are final.

Jr. Record Book Awards

Plaques awarded to the "Top" Jr. Record Books in 3rd-7th grade. Books receiving a Gold Award are judged for these awards.

Jr. Focus Area Awards

Special awards based on the record book are sponsored in the areas of Science & Technology, Family Strengths, Health & Wellness, Natural Resources and Environmental Awareness.

Members 3rd-7th grade (as of August 1 of the current year) are eligible. Award received once only.

Jr Achievement Awards

Members 3rd-7th grade (as of August 1 of the current year) are eligible. Award will be given in the event there are no Hall Of Fame winners in that year. Award received once only.

Sr. Focus Area Awards

Special awards based on record books are sponsored in the areas of Science & Technology, Family Strengths, Health & Wellness, Natural Resources and Environmental Awareness.

Members 8th-12th grade (as of August 1 of the current year) are eligible.

Award received once only.

Sr. First Timer Incentive Award

Awarded to one senior member (8th grade+) completing a Senior Record Book for the first time. Award will be based on citizenship, leadership and project work reported. The record book must follow guidelines for State Record Book competition.

4-H Awards Programs continued...

Awards Based on Record Books

Outstanding Senior Awards

A group of senior 4-H members (8th-12th grade) will be selected based on outstanding leadership, citizenship and project work. The following awards are based on a senior record book.

- One *Sr. Citizenship Award* selection based on citizenship activities. (May be won only once in 4-H career.)
- One *Sr. Leadership Award* selection based on leadership efforts. (May be won more than once in a 4-H career.)
- Two *Sr. Achievement Awards* selection based on accomplishments in project work, leadership, and citizenship during the current 4-H year. (May be won only once in a 4-H career.)
- *Taylor Smith Spencer Spirit Award(s)*
Cash awards to the two Hall Of Fame Winners or Jr. Achievement in memory of Pontotoc County 4-H Alumna Taylor Smith Spencer sponsored by her family and friends. (May be won only once in a 4-H career.)
- *Vision Bank Award(s)*
Cash awards to the top two best senior record books. (May be won only once in a 4-H career.)
- *Blue Award Group* top tier of Senior 4-H members.
- *Sr. 4-H Hall of Fame Scholarship* selection based on cumulative project work in leadership, citizenship and achievement. Must be in 11th or 12th grade. (May be won only once in a 4-H career.)

Sr. 4-H Trips Citizenship Washington Focus

A 10-day trip in June to Washington DC for a citizenship short course.



Sr. 4-H Trips continued New Mexico Leadership Retreat

Travel with the Oklahoma delegation to Las Cruces, NM in January to experience learning and leadership opportunities.

Awards Based on Application Form

4-H Round-Up

A state 4-H conference held at Oklahoma State University. 4-Her must have completed the 7th grade to be eligible to attend. A mandatory orientation will be held for delegates. Scholarships are awarded based on total participation points earned over the year.

Shooting Sports

Complete an application citing evidence of project work in the area of shooting sports.

First Year Participation

Members must complete and application to be considered.

Awards Based on Application Form

Top Junior and Senior 4-H Participation/4-H Jackets

Based on an application, 4-H members earning the most points in the current 4-H year are recognized with these awards.

Asa & Marjorie Hutchison Outstanding Fair Exhibitor

Two 4-H members are recognized for the quality and quantity of the exhibits entered in the County Fair. Winners will be awarded a trophy. Forms are due two weeks following the close of the fair.

Continued Exhibitor Excellence

One 4-H member will receive this award for continuing and quality participation in the County Fair. Members must have previously been awarded the Asa & Marjorie Hutchison Outstanding Fair Exhibitor Award and enter a minimum of 12 exhibits in the fair. 40% of those exhibits must have been entered in a county event in the current year. Forms are due two weeks following the fair.

Jr. & Sr. Ag In The Classroom

This award recognizes the individual who utilizes the Ag In The Classroom curriculum to teach elementary school aged children.

Jr. & Sr. Secretary Awards

Award given to the Secretary book that shows the most completeness, accuracy, neatness and overall appearance.

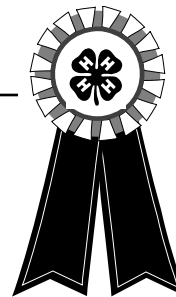
Jr. & Sr. Reporter Award

Award based on a scrapbook which is kept by the reporter and turned in at the end of the school year. The scrapbook records the club's activities for the year.

Jr. & Sr. President's Planning Guide

Award based on a president's book kept by the club president. The book records the activities of the club meetings for the year.

4-H Awards Programs continued...



Emerson Black Scholarship

\$500 scholarship given to a graduated senior completing an application.

HCE Scholarship

Two \$250 scholarships given to graduating seniors completing an application.

Paul and Lola Thompson Scholarship

\$250 scholarship given to a graduating senior completing an application.

4-H Key Club

Recognizes the outstanding accomplishments of the top one percent of the state 4-H club members. Senior members, age 15 or older, with at least one year of 4-H work left may apply for this honor. Applications due in April.

Jr. & Sr. Pork Award

Plaque awarded to junior and senior 4-H member actively involved in the promotion of pork. Award determined by completing the report form provided by the Pork Council. This award can only be received once. Application due in June.

Jr. & Sr. Beef Promotion

Awarded to two 4-H members who makes presentations to other groups about Beef, writes a one page summary of the "Importance of Beef" in the diet and completes an application.

Club Awards

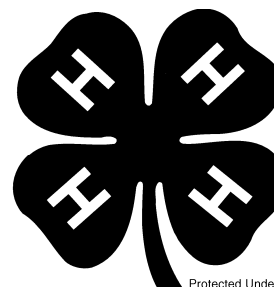
Chartered 4-H Clubs

Each club who meets the requirements for established 4-H Clubs will receive its charter at the Achievement Banquet.

1. Submit an annual set of Monthly 4-H Meeting Planning Guides to the County Extension Office.
2. Actively recruit and meet regularly with volunteer and youth from a variety of racial, ethnic, religious and socioeconomic groups in your community.
3. Complete an end of year report of club activities and submit to county Extension office.
4. Provide an annual financial accounting to county Extension educator for funds raised or collected in the name of 4-H.
5. Complete a regular enrollment process for 4-H members and volunteers.
6. Establish a team of local parents and volunteers who assist with committees and activities. Attend 50% of the Volunteer Leadership Team quarterly meetings.

Top Club Participation Award

Clubs are recognized who have the highest percentage of participation in county events. Events included, but not limited to, are: Holiday Festival, Fall Public Speaking, Poster, Tech & Photography, Favorite Food & Table Setting Show, Showcase The Performing Arts, County Roundup Public Speaking, Everything But The BAA, Design & Construction, Food Showdown, Dutch Oven, Consumer Buying and Camp. Citizenship/Community Service Projects



Protected Under
18 U.S.C. 707

Environmental Stewardship Award

Recognizes a 4-H member who does concentrated or excelled work in the project areas of environmental stewardship, forestry, wildlife and fisheries, outdoor recreation, recycling, horticulture or any other project

that contributes to environmental awareness and promoting good stewardship practices. Complete an application.

Jr. & Sr. Food Science Award

Complete the required number of projects for grade division. Submit required materials.

Other Awards & Programs

Honorary 4-H Members

Presentation made to an individual who has provided outstanding leadership to the Pontotoc County 4-H program. Nominations can be made to the Extension Office.

Friend of 4-H

A special recognition award presented to a business who has provided monetary and in-kind contributions to the Pontotoc County 4-H Program. Nominations can be made to the Extension Office.

Volunteer of the Year

Recognizing the contributions of the 4-H volunteer. Nominations may be received from 4-H members and other volunteers. The volunteer of the year will be Pontotoc County's nomination for District and State Volunteer.

What is 4-H Project Work? ...SIMPLIFIED!!!



4-H Project Work has 4 Components:

- Six or more Learning Experiences of 20-60 minutes in length per year.
- Civic Engagement/Citizenship/Community Service/Service Learning
- Leadership
- Evaluation/Exhibition of Project Work

SO...what does this all mean?

LEARNING EXPERIENCES can be:

Educational Tours	Quiz Bowls, Skill-A-Thons	Job Shadowing
Workshops	Judging Contests	-Working Alongside Anyone
Clinics	Self-Study Exhibits	That Has A Skill To Teach
Contests	Expos/Conferences	
Live Actions	Public Speaking	
Interviewing the Experts	Videos	
Educational Presentations	Television Shows	

CIVIC ENGAGEMENT: Community Engagement (Youth Voice, Social Justice), Service (Service Learning, Community Service), Civic Education (Government, History, Culture), Personal Development (Character Development, Thinking and Problem Solving)

LEADERSHIP can include (but not limited to...) Teaching/Guiding Others, Conducting A Workshop, Organize A Group Activity, Lead an Activity, Share Information with Others Through Public Speaking, Assist an Adult, Plan A Tour, Local Club Officer, Junior Ambassador, Teen Leader

EXHIBITION can include Contests, Livestock Show, Fair Exhibit, Club/Project Meeting. There is no set timeline for project work, just the 4-H project year. The only thing project work can revolve around at times are times and dates of contests. That means...CONTESTS ARE NOT THE WHOLE PROJECT!!!

PROJECT WORK SUPPORT lies with the Family, Parents, Grandparents, 4-H Volunteers, Teens, Online Resources, Curriculum, Expert Professionals, Hobbyists, Associations/Organizations, and Extension Educators.

A **RECORD BOOK** is the record of what youth did and learned doing the project work and documents goals, knowledge and skills gained, leadership experiences, awards earned, and service to the community.





Planning 4-H Project Work “Plan The Work! Work the Plan!”



4-H project work is more than the county activities in this book. It is participation in your local club activities, community service and beyond and it is the work that takes place at home.

The lack of quality project work is evident but can be made fantastic with a little planning. Planning means not waiting on someone else to do it for you and following through with the plans you make.

4-H members who plan are more likely to learn important life skills, find what they are passionate about and maybe even win a scholarship some day.

The end goal of 4-H is to create well-rounded individuals who can be a contributing member of society. It's not about what you've won, it's about what you've done and learned through the process.

Beginning with September, after fall enrollment, start outlining the plan month-by-month in general terms, of what you plan to do each month.

For Example:

October: Leadership Project related to a 4-H promotional event. This is a simple thing to pencil in because National 4-H Week and Oklahoma 4-H Month are held in October. There are lots of opportunities to promote 4-H through displays, posters, flyers, speeches, etc. The tour will be a tour directly related to your chosen project area.

November: Community Service Project (This should be very simple to accomplish because November and December provide many opportunities for community service.) The one project to be completed is researching and writing a speech related to your project area.

December: Present speech at local club meeting, provided you planned ahead and asked to be on the agenda.

January: Participate in a county event (i.e., Healthy Living Fair) by completing 3 projects. Two of the three will be related to your main project and the third will just be for fun.

February: Participate in Public Speaking Event with speech prepared in November, as well as, doing one more project related to project area.

March: Do one Leadership Project and 1 project related to project area.

April: Do one Community Service Project and 1 more projects related to project area.

May: Complete Medal Form or Record Book.

June: Attend workshop (summer day camp, livestock judging camp, etc.) and 2 more projects related to project area.

July: Participate in a County Activity – Camp. Do 2 more projects that are crafts.

August: Participate in a County Activity – Awards Program and 2 more projects.

September: Participate in County Event – County Fair exhibiting 12 items (projects) made over the past 11 months (1-2 projects at a time).

At the end of the year the member will have accomplished:

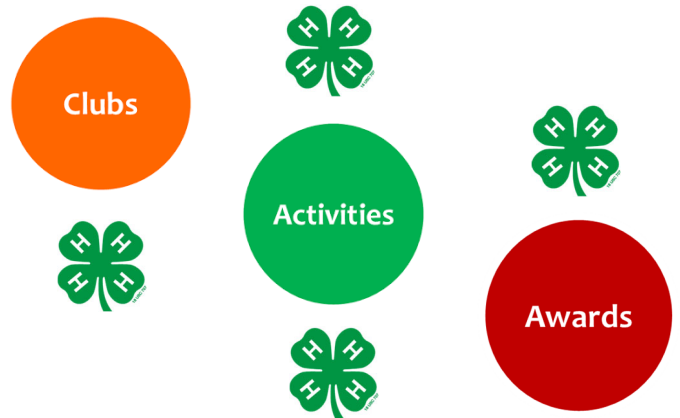
Participation in:

- 3 County Competitive Events – Healthy Living Fair, Public Speaking Event and County Fair
- 2 County Activities – Camp and Awards Program
- 2 Community Service Projects
- 2 Leadership Projects

Completed:

- 12 projects related to main project.
- 2 educational activities outside of individual study – workshop and tour.
- 2 public speaking opportunities – local club and county level.
- A medal form or record book for project area.

Wow, look what has been accomplished without a lot of hassle and last minute pressure. The key is planning your work and work your plan!



2023-24 Project Medals Available



Plants & Animals

Agriculture
Alpaca
Aquaculture
Beef
Poultry
Cats
Dogs
Guide Dog
Dairy
Goats
Horse
Hippology
Equine Science
Rabbits
Sheep
Pets
Swine
Cavy
Llama
Judging
Gardening &
Horticulture
Animal Husbandry

Communication

Communications
Public Speaking
Demonstration
Reporting Media
Performing Arts
Arts & Crafts
Visual Arts
Fine Arts
Music
Scrapbooking
Photography & Video

Science & Technology

Coding
STEM
Rocketry
Biological Sciences
Entomology & Bees
Plant Science
Veterinary Science
Technology &
Engineering
Aerospace
Computer Science
Physical Science
Robots
Computer Technology
Electricity
Engines, Tractors &
Field Equipment
Wood Science
Industrial Arts

Social & Political Science

Community Service
Citizenship and Civic
Education
Cultural Engagement
History

Personal Development

Hobbies & Collections
Leadership
Personal
Development
Genealogy
Achievement
Mentorship

Environmental

Forestry
Geology
Herpetology
Wildlife & Fisheries
Environmental
Stewardship
Outdoor Education &
Recreation
Waterfowl
Shooting Sports

Consumer & Family Sciences

Consumer & Family
Sciences
Child Care and
Development
Clothing & Textiles
Consumer Education
Home Environment
Family Life
Money Management
Cake Decorating

Healthy Lifestyles

Food and Nutrition
Food Science
Cooking
Healthy Living
Safety
Bicycle
Yoga



Pontotoc County Medal Form Information & Instructions for 4-H Members

To receive a medal, complete the medal form. A medal can only be earned once at each level. Junior (3rd-5th Grade) Intermediate (6th-8th Grade) and Senior (9th-12th Grade). For each year you continue work in a specific project, complete a medal form as a record of your work. This information becomes a record of what you accomplish each year and can be used to earn special awards. *A member may earn no more than two medals per year.*

What is a Project?

At the time of enrollment, 4-H members enroll in projects/subjects they are interested in learning about. Using 4-H project manuals or other sources, a member is guided through the fundamentals of that particular project and taught goal setting and fundamental record keeping skills.

What is Project Work?

Project work refers to the things done to learn about one particular 4-H project.

In 4-H Project Work We Encourage:

Educating our members, setting and completing goals, developing life skills, developing quality citizens and tomorrow's leaders.

What to Report?

Report only project work completed this year. A medal form includes only work done for the project being reported.

Set Goals

At the beginning of the year list things you want to learn. As you complete a goal, check it off and write down how it was finished.

Goals that are written down are much more likely to be reached.

In setting goals, we sometimes do not achieve all that we hope to and other times we do more than we set out to do. This is OK!



Steps to Earning A Medal

1. **What Have You Learned In This Project?** – List 3-5 specific things you have learned through your participation in your project.
2. **Project Manual/Educational Resources** - Use your project manual as a guide to complete your goals. If there is no manual use another source (books, videos, internet, human) for your project information. Record the resource(s) used on the medal form.
3. **Project Work** – List all project work that relates to your project. This could include public speaking, recipes tried, workshops attended, live actions, exhibits made, news articles written, etc.
4. **Civic Engagement/Citizenship** - Complete service activity(s) for an individual, group or community. Service projects can be done as an individual, a member of a club or as a participant in a county program.
5. **Leadership** - Leadership is the act of showing/teaching/leading one or more people. Leadership can be one-on-one, helping several individuals with a project, serving on a committee, being an officer, conducting a workshop, etc.
6. **Other Activities** – List your involvement in school, church, sports or other organizations you belong to.



Steps to Apply for a Project Medal

7. Use a Medal Form. **One Medal Form must be completed for each project reported.** The form may be neatly hand-written or typed using the fillable pdf form.
8. Complete items 1-6 on the medal form.
9. Make sure the form contains all of the appropriate signatures.
10. Turn in your completed Medal Form to your Local Organizational Leader by a specified date. *Forms will not be accepted at the Extension Office.* You must make your own arrangements to get the forms to your Local Organizational Leader.

All members who complete a medal form will be invited to the 4-H Awards Celebration held in October.

Please return medal form to your Organizational Leader by the specified date selected by your leader.



Pontotoc County 4-H Medal Form



Name _____ Club _____ 2023-24

Address _____ City _____ Zip Code _____ Phone _____

Birth Date / / Years in 4-H Is this your first medal form to be completed?

4-H Project Being Reported: _____ Years In This Project _____

To receive a medal in this project you must have completed the specified number of requirements for your level of project work. Refer to instruction sheet for requirements and additional information. This form may be hand written or typed. If a home computer is used be sure to keep all headings. The medal form should not be longer than 2 pages in length.

1. What Have You Learned In This Project?

2. Project Manual/Educational Resource(s) Used

List resource(s) used to help you learn about the project.

3. Project Work

List projects completed that were specified for your year of project work. This includes everything that you did specific to this project. (ie. public speaking, recipes tried, workshops attended, live actions, exhibits made, news articles written, etc.)

Please return medal form to your Organizational Leader by the specified date selected by your leader.

4. Citizenship

Project Related Citizenship:

Club Citizenship Project:

County Citizenship Project:

5. Leadership

Project Related Leadership:

Other Leadership:

6. Other Activities

Optional - List School, Church, Sports or other activities participated in this year.

4-H Member

Signature

Date

Organizational Club Leader - I have reviewed this form and find this member has completed all of the items listed.

Leader

Date

August 2023



Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 4-H ZSuite Enrollment Starts 2023-24	2	3	4	5
6	7 Volunteer Leadership Team and Volunteer Training	8	9	10 4-H Royalty Candidate Info Due	11	12
13	14 Royalty Candidate Interviews	15	16	17 Consumer Decision Making, Horticulture ID, FCS Skill-A-thon, Animal Science Skill-A-thon Contests 4:30p	18 4-H Royalty Funds Raised Due	19
20	21	22 4-H All 4-H Section Entries Due 3-7p (no open or livestock)	23 All 4-H Sections 300-325 Entries Judged AM	24 Royalty Announced	25	26
		Pontotoc County Fair				
27	28 Pick Up County Fair Exhibits	29	30	31		

September 2023



Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Holiday Office Closed	5	6	7 Asa Hutchison and Continued Exhibitor Excellence Applications Due	8	9
10	11 Teen Leaders	12 1st Place State Fair Entries (4-H Food and Hort) due by 3p	13	14	15	16
Oklahoma State Fair						
17	18	19	20	21	22	23
Oklahoma State Fair						
24	25	26 Pick Up Returning State Fair Exhibits	27	28	29	30
Oklahoma State Fair				Tulsa State Fair		

October 2023







Denotes Deadline

Oklahoma 4-H Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Teen Leaders	3	4	5	6	7
			Tulsa State Fair			
8	9	10	11	12  RSVP Local Club Leadership Team/Officer Training	13	14
Tulsa State			SE District Teen Leadership Conference			
15	16 Local Club Leadership Team/Officer Training	17	18	19  Dutch Oven Entries Due Cloverbuds	20	21
22	23 Dutch Oven	24	25	26  4-H On TRAC Yearly Club Plan & Enrollment Due	27	28
29 Leadership Team Achievement Banquet Practice, 2p	30 Awards Celebration	31				

November 2023 Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2  Fall Public Speaking, Poster, Technology Exhibits Due	3	4
5	6 Volunteer Team Mtg. & Volunteer Training Teen Leaders	7	8	9  Jr. Lock In Reg Due	10 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Jr. Lock In</div>	11
12	13 Fall Public Speaking, Poster, Photography & Technology Contest	14	15	16  RSVP For Jr. Record Keeping Workshop Adults and Youth Cloverbuds	17	18
19	20 Jr. Record Keeping Workshop For Adults and Youth	21	22	23 Holiday Office Closed	24 Holiday Office Closed	25
26	27	28	29	30  Ambassador Apps & Teen Ambassador Advisor Apps Due Holiday Fest Entries Due		

December 2023




Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Holiday Fest Closed For Judging	2
3	4 Holiday Fest Open For Viewing Exhibits Pick Up 5:30p Ambassador & Teen Advisor Interviews Teen Leaders	5	6	7 Cupcake Wars Entries Due	8 Cupcake Wars Entries Due	9
10	11 Cupcake Wars	12	13	14	15	16
17	18	19	20	21 Cloverbuds	22	23
24	25	26	27	28	29	30
Holiday — Office Closed						

January 2024






Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> Holiday Office Closed	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i> Teen Leaders	<i>9</i>	<i>10</i>	<i>11</i>  Pre-Recorded Video Showcase the Performing Arts Entries Due	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i> Holiday Office Closed	<i>16</i>	<i>17</i>	<i>18</i>  County Roundup Public Speaking Entries Due Cloverbuds	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i> County Roundup Public Speaking	<i>30</i>	<i>31</i>			

February 2024



Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Volunteer Team Mtg. & Volunteer Training Teen Leaders	6	7	8  RSVP For Favorite Food & Table Setting	9	10
11	12 Favorite Food & Table Setting Show	13	14	15  Everything But The Baa Entries Due Cloverbuds	16	17
18	19	20	21	22  Job Readiness, Extemporaneous Public Speaking Entries Due	23	24
25	26 Job Readiness, Extemporaneous Speech Everything But The BAA	27	28	29		

March 2024





Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i>	<i>2</i>
<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>
	Teen Leaders	County Livestock Show				
<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>
		Oklahoma Youth Expo				
<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>
				Cloverbuds		
		Oklahoma Youth Expo				
<i>24/31</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>

April 2024



Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> Volunteer Team Mtg. & Volunteer Training Teen Leaders	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>  Roundup Scholarship Due Food Showdown Entries Due Design & Construction & Consumer Buying Entries Due	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i> Food Showdown Design & Construction & Consumer Buying	<i>16</i>	<i>17</i>	<i>18</i> Cloverbuds	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>  Duds To Dazzle Reg Due	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i> Duds To Dazzle	<i>30</i>				

May 2024






Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> Roundup Orientation Teen Leaders	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i> Holiday Office Closed	<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i>	

June 2024




Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				 RSVP Cloverbud Fun Day		1
2	Cloverbud Fun Day	4	5	6  Medal Forms, Jr. Record Books, Special Award Apps, Scrapbooks RSVP Day Camp #1	7	8
9	10 Day Camp #1	11	12	13	14	15
16	17 Holiday Office Closed	18	19	20  RSVP Day Camp #2	21	22
23/30	24 Day Camp #2	25	26	27	28	29

July 2024






Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Holiday Office Closed	5	6
7	8	9	10	11	12	13
14	15	16	17	18  Teen Leadership Team Application Due	19	20
21	22	23	24	25	26	27
		State 4-H Roundup (Qualified Applicants) - Stillwater				
28	29	30	31			

August 2024





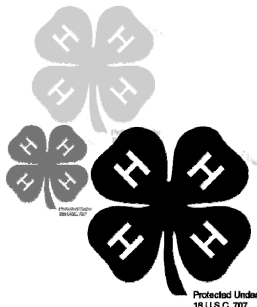
Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4-H ZSuite Enrollment Starts 2024-25	2	3
4	5 Volunteer Leadership Team and Volunteer Training	6	7	8  Royalty Candidate Info Due	9	10
11	12 Royalty Candidate Interviews	13	14	15 Consumer Decision Making, Horticulture ID, FCS Skill-A-thon, Animal Science Skill-A-thon Contests 4:30p	16  Royalty Funds Raised Due	17
18	19	20  All 4-H Section Entries Due 3-7p (no open or livestock)	21 All 4-H Section 300-325 Entries Judged AM	22 Royalty Announced	23	24
		Pontotoc County Fair				
25	26 Pick Up County Fair Exhibits	27	28	29	30	31

September 2024

Denotes Deadline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Holiday Office Closed	3	4	5	6	7
8	9 Teen Leaders	10	11	12  Asa Hutchison and Continued Exhibitor Excellence Applications Due	13	14
15	16	17  1st Place State Fair Entries (4-H Food and Hort) due by 3p	18	19	20	21
				Oklahoma State Fair		
22	23	24	25	26	27	28
				Oklahoma State Fair		
29 <div style="border: 1px solid black; padding: 2px; width: fit-content;">Oklahoma State Fair</div>	30	Oct 1 Pick Up Returning State Fair Exhibits				



The 4-H Club Ritual

Nothing more nearly represents the purpose and character of 4-H Club work than the ritual. When correctly given it is beautiful and impressive. Every member should commit it to memory. The entire club in unison at each club meeting should give the ritual. It is as follows:

- Vice President:* "Stand Please."
Members: [All members rise and stand.]
Vice President: "What is our **4-H Club motto?**"
Members: (In unison): "To make the best better."
Vice President: "We will repeat the **4-H Club pledge.**"
Members: "I pledge
My head to clearer thinking,
My heart to greater loyalty,
My hands to larger service, and
My health to better living, for
My club, my community, my country and my world."
[In repeating the pledge, raise the right hand to side of head when speaking line No. 1, lower right hand over heart when speaking line No.2; extend hands, palms upward, when speaking line No.3; and stand at attention when speaking line No. 4.]
Vice President: "We will now give the **Pledge to the Flag.**"
Members: "I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all." [At attention facing the flag repeat together the pledge of allegiance. The right hand should be placed over the heart while giving the pledge of allegiance. Congress, made this change December 15, 1942, Section 7, Public Law 623.]
Vice President: "We will now review the meaning of the club emblem. What is the **national 4-H club emblem?**"
Members: "The National 4-H Club emblem is the four leaf clover with the letter "H" on each leaflet running parallel with the mid-rib of the leaflet."
Vice President: "What do the four H's on the club emblem represent?"
Members: "They represent the equal training of the head, heart, hands and health of every member."
Vice President: "For what is the head trained?"
Members: "To think, to plan, to reason."
Vice President: "For what is the heart trained?"
Members: "To be kind, to be true, to be sympathetic."
Vice President: "For what are the hands trained?"
Members: "To be useful, to be helpful, to be skillful."
Vice President: "For what is the health trained?"
Members: "To resist disease, to enjoy life, to make for efficiency."
Vice President: "In the All-Star Emblem, what does the Fifth H represent?"
Members: "The Home."
Vice President: "In what way can we be of help in our home life?"
Members: "By striving to train for a home life that represents true character, comfort and contentment."
Vice President: "Be seated, please."